A CONCISE ESSAY

ON

THE MEDICAL TREATMENT

OF

MALABAR COOLIES,

EMPLOYED ON THE

COFFEE ESTATES OF CEYLON AND INDIA.

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LONDON:
HARRISON, 59, PALL MALL.
CEYLON:
D'ESTERRE AND COMPANY.
1865.

157. m. 30.

LONDON:
PRINTED BY HARRISON AND SONS, ST. MARTIN'S LANE.

BIBLIOTHECA · BODLEIANA

PREFACE.

A request has been made to me, on several occasions, to give to the Planters of Ceylon the results of my experience in the Medical management of Malabar Coolies, in such a form as should enable those who live far removed from professional assistance, to treat their Coolies for simple affections, and to restrain the progress of disease, until assistance arrives, in more formidable cases.

Many things have served to interfere with my wish to comply with this request at an earlier period. Practice through a large circuit of estates, where cases are widely scattered, does not afford to the Physician the same opportunities for collecting facts and concentrating his experience that are available with the Practitioner in a town, or with one who has charge of an hospital.

To collect facts, bearing on certain views, therefore, derived from such wavering quarters, and to arrange them so as to make them valuable to an unprofessional community, amidst the distractions of a large practice and the minor but not less troublesome ones of family affairs, takes time and patience; still, with the object continually before me, I have contrived to collect into memoranda, a sufficient amount of practical information to make the undertaking, to some extent, both feasible and valuable.

Should this small publication prove sufficiently acceptable to induce a revision of it, perhaps future opportunities may afford an opening for adding to the amount of information now published, as each day's progress in the advancement of general science helps towards improvement in single branches, and, of course, in that of medicine.

Unless a conscientious sense of "*Duty*," considered independently of any personal advantage or gratification, influences the owners of estates in the Hygienic management of their Coolies, little advantage will follow such general instructions as I can give; for the fulfilment of that "Duty" is both irksome, thankless, and unprofitable. A Coolie that has been cured of a serious illness will hardly thank his master for all the trouble and expense to which he has been put. He considers *him* as the obliged party; and, on his recovery, he will leave him and walk off forthwith to some other estate, denouncing his late master's as "*unlucky*;" or perhaps he will, as his appetite and strength improve, make use of his returning health to rob his master of his best fowls or vegetables, as a reward for his anxious care of him. (See Note 1.) It, therefore, is correctly termed an office, "irksome, thankless, and unprofitable." But there is a duty towards those placed providentially under one's care that should sur-

mount every opposition and impel us to do what is "*Right*" under every provocation and against all difficulties. Under the power of such a principle, many, if not all the opposing influences which render medical care of Coolies difficult, will gradually disappear. But the irksomeness of the "*Duty*" will continue as long as the various gangs shift their quarters from one estate to another, and new men have to be taught new principles of conduct. Superstition and caste rise up in fearful proportions against innovation. They require steadiness to overcome them; but they are not invincible: and the Malabar Coolie possesses quite shrewdness enough to see when "Master" *will* have his way, or else he (the Coolie) will suffer. The apathetic excuses that their men "*will not* come for medicine," or "*will not* consent" to so-and-so, is quite true as long as they are allowed a "*will*" in such matters; or when they are obliged to consent at a great sacrifice. But while I have known a master complain so in one instance, in another I have merely heard him say "I will have it done, so let me hear no more about it," when his will became a law, and it was done without even a murmur.

Considering, however, the great and various obstacles which the Malabar Coolie himself opposes to any improvements even for his own benefit, too much praise cannot be given to the planting community generally speaking; for they are, as a rule, anxious to help those under them, and make no trifling sacrifices of time, money, and patience in the service of their Coolies. This is done, too, without any particular personal advantage, beyond the consciousness of doing what is *Right:* for some to whom such a principle is a matter of indifference will tell us that their "work goes on as well, and with far less bother, than when they make a fuss about their Coolies." These are, however, the exception, and neither their feelings or position are to be envied, because "To him who knoweth to do good and *doeth it not*, to him it is sin!" (See Note 2.)

The following are the principal Hygienic arrangements which should be made for the preservation of the health of Coolies: but these cannot be expected to be immediately adopted where previous fixed ones have been made; and can only be employed where a new estate is being opened, or new lines are being built.

Lines. The Lines should never be built in a hollow; always on some raised piece of ground, and if possible, near water—a running stream is the best,—so that a proper drainage could be kept up. They should be built of stone and roofed with shingles, as thereby an equality of temperature is preserved, and a sufficient amount of ventilation secured. Particular attention should be paid to cleanliness around as well as inside the lines; the Coolies who remain away from work, (for there are always to be found some skulkers) being compelled to sweep the ground about the lines, and remove all the filth, as a penalty for their idleness. (See Note 3.)

In the construction of the lines, decidedly the best is that of separate huts, with a narrow interval between each. It is the

most expensive, but especially with family men, it secures the inmates from those intrusions and petty robberies which are the cause of so much quarrelling. Moreover a man of good caste with his family in his own little house will not only be willing to remain as a permanent resident on the estate, but be certain, should he have to go to his country for a time, to return again to a spot that he thinks he can claim as his own; more particularly if he should have a small garden attached to it.

It cannot be denied by any one that such lines would tend considerably to the suppression of immorality, because it is an established principle that the greatest amount of profligacy is where the greatest numbers congregate, through the facility which is thereby afforded to one wicked person to communicate his wickedness to the many. And in simple mud lines, where they are all under one roof, and the walls of each room only rise 7 or 8 feet, every word that is spoken is heard distinctly by those in the adjoining rooms; so that language both offensive and irritating can be, and is, bandied from one to the other with facility. Men who are therefore desirous of keeping their wives and daughters as free as they can from contamination (and every help should be given to the weak struggling professor of Christianity, who has everything to oppose him, and nothing but his principles to keep him steady) would find in those separated huts a degree of comfort which they would prize, and which would induce them not only to remain, but to try and bring others, of a better class than usually come to estates, to the one on which they reside. (See Note 4.) If, therefore, a distinction was made in favour of such professors of Christianity as could produce certificates of their sincerity from the head of the Tamil Coolie Mission, one proof would be given, at least, *out of the many wanted,* that the Christian is held in higher esteem among his fellow professors, for his integrity and morality, than the mere heathen around him.

Medical Canghany.

Where there is so great a demand for labour, it would well pay the owners of estates to make allowance for a high caste Head Canghany, whose business should be to have charge of all the lines on the estate, to enforce cleanliness, to prevent or settle disputes, to look after the sick, and administer medicines regularly to such as cannot leave their lines, and to bring up, at a regular hour, all such as are able to go to the Bungalow for advice; and to see that no native doctor, either Malabar or Singhalese, had admission to the lines.

The great difficulty in such an arrangement is to get a person who will not be liable to corruption; otherwise the expense will go for nothing, and the annoyance to "Master" be increased; for nothing would be more tempting than to take a bribe for overlooking some idle or sick favourites, and thus to frustrate the whole arrangement. But, when a person employed expressly for such a purpose can be found, he would prove invaluable in maintaining the health and keeping at their work a number of Coolies, who would otherwise be only an encumbrance on the

estate. I make this statement from experience of the fact itself.

The idea that the services of a "*Christian*" would not be available among "Heathen" Coolies is not correct. I can testify to the contrary most completely. One instance, that of a man employed on the Boulana estate, named Daniel, for the express purpose, was most valuable in his assistance. His help was never objected to by any of them, and having been a high caste man, his influence with them was sufficient to accomplish any object I wished to have carried out. The poor fellow went to Madras, to see his friends, about 18 months ago, and there died of cholera. He was as sincerely simple-minded, and as consistent a "Christian" as I ever knew.

Another reason why the employment of such a person is advisable is that Coolies, like children, take fancies and will follow the advice and take medicine from one, while they will not listen to another person. I have been frequently stopped on the high road, even at a distance from home, by Coolies who knew me at some time or another, for the purpose of hearing their complaints; and a prescription on a coffee leaf or a slip of paper if I had it, has sent the poor creatures away quite satisfied. At other times I have found them quite intractable, and have had, many a time, after calling out at the door of a hut in vain, to go inside myself and force out into light the patient, who was trying to conceal himself. Coolies are, like children, close observers, shy, having strong aversions, and equally strong confidences, according to their ideas of "Master's" character; but, unlike children, they are also great liars, cunning, treacherous, selfish, without natural affection, debauched. Such characteristics are not what can be termed "*engaging.*" They are those of the heathen. Some of them are interwoven with their religious tenets; and should serve, if viewed from a proper light, to place in stronger contrast the simple, beautiful innocence of true Christianity.

Kandy, June 3, 1861.

PREFACE TO SECOND EDITION.

In preparing for the press a Second Edition of this Pamphlet, I have been induced to do so by representations from different Planters of certain deficiencies in the former one.

Firstly.—The want of an Index. I have inserted one in this edition.

Secondly.—The want of perspicuity in the distinguishing characters of disease.

It is difficult to know how to remedy this deficiency, without making the book too expensive. As far, however, as is consistent with its publication, I have endeavoured to do so.

Thirdly.—The want of hints as to the Treatment of the Diseases of Women and Children, including Child-birth.

I have added a few hints that may be useful in suitable cases of both the latter. But the first is a subject out of the province of a popular work, and the less that amateurs have to say to it the better.

Fourthly.—The want of Instructions for the use of Europeans themselves.

These should not have been expected, as the work was solely intended for the treatment of Malabar Coolies. I have, however, deviated to some extent from my original intention, in order to satisfy such as may be far removed from medical assistance. But, generally speaking, their facility for procuring help, when required, should render them independent of a work of this kind, and it is to be hoped that, when circumstances will admit of it, they will avail themselves of the hints given as little as possible.

In the manuscript of the First Edition, remarks were made on the advisability of establishing District Hospitals, where severe cases could be properly attended to. These remarks were omitted by the Publisher for reasons unknown to me.

As long, however, as the views entertained by the planting community rest on the wishes of absent Proprietors, there is little hope of any decidedly advantageous steps being taken.

To bring Estates into bearing, to make them pay, to go home and live on the proceeds, are the sole objects of all who come to Ceylon as Planting Proprietors. While in Ceylon, and residents on the estates, they take the usual interest in the welfare of their Coolies; but once they leave this country, every extra expense is a matter for serious consideration, and the idea of a voluntary contribution to a District Hospital is (to say the least of it) not acceptable.

No doubt many a valuable life would be saved by such institutions, but as long as that is not brought practically before them, they do not see, and of course ignore, their utility.

Until an arrangement for the residence of medical men in each district is established, full justice will not be done to the Malabar Coolie. In the Mauritius it is compulsory by law, and it should be equally so here. But we are, in too many respects, far behind the progress of those around us, and are, as yet, only groping our way when we should be going at racing speed.

Kandy, July, 1864.

TREATMENT OF COOLIES.

A CERTAIN peculiarity of constitution renders the treatment of disease in the Malabar Coolie more simple than in either the European or the Singhalese.

With less physical strength than the former, he possesses comparatively greater nervous energy, and exceeds the latter in both.

While, therefore, he is not exposed equally to the dangers of inflammatory disease, under which the European succumbs, he is able to resist shocks beneath which either of the others would sink almost without an effort. For example:

A Bandy driver was gored by one of his bullocks. The horn of the animal was forced upwards between the rectum and the bladder, without rupturing either. The wound was large enough to let me introduce two of my fingers sufficiently high to support the bladder upon them. In three weeks the man was able to walk home to "his country."

A Coolie in charge of a pulping machine had his left arm caught between the cog wheels, about seven inches below the shoulder. It was cut off so completely that on its removal the arm was left standing upright between the wheels. In six weeks he had returned to his work, and neither in his case or that of the former, appeared a single bad symptom.

Under circumstances such as those, the European's life would have been in imminent danger; that of the Singhalese sacrificed.

It has been suggested that this tolerance of suffering may be as much due to sluggishness, as energy, of the nervous system; but few who witness the activity, endurance of fatigue, and liveliness of Malabar Coolies, when engaged in their own pursuits, will consent to such a proposition. Their capabilities for bodily exercise are great, and so would be their mental ones, if not oppressed by the grossest immorality.

Their diseases being deficient in acute inflammatory action, are curable, not only by simpler remedies, but in a shorter space of time, than are the same diseases among Europeans. The difficulties which attend the treatment of sick Malabars are chiefly extraneous ones.

Among them reigns paramount the prejudice of caste: *that plague as well as pride of the Indian's life.* The observances enjoined by it are, in most cases, totally opposed to the administration of proper remedies; and the restrictions imposed by it

forbid the use of nutriments that, in certain stages of illness, are peremptorily required.

Conjoined with this is a kind of fatalism that renders the Malabar Coolie indifferent to recovery. Many Malabars prefer dying in quietness, to submitting to the rules enjoined; they abhor imposed trouble, and, naturally, are unwilling to exert themselves in a matter wherein their faith is small.

However, much is charged against a Coolie's reluctance to take European medicines, which will admit of great modification when duly considered.

In the first place he has usually to go some distance from his lines for the medicine, as his employer cannot afford the time to attend to its administration to every sick man or woman in his lines, and neither the patient's friends or Canghanies are always to be trusted. He has consequently a labour to undergo, in his sick and weak state, for a medicine, in the virtues of which he has little or no confidence. How many Euorpeans would do the same?

This unwillingness to avail themselves of medical assistance, leads, in most cases, as a matter of course, to long delay before application for help is made, so that it seldom happens that a fair chance is afforded for treating a disease in its early stages, in fact until it has far advanced; yet, nevertheless, it is often surprising with what rapidity Coolies recover from severe illnesses, such as Diarrhœa, Dysentery, and Fever, where, even at a late period, proper medicines are *regularly and carefully administered.*

The prevailing diseases among Coolies are Diarrhœa, Dysentery, and Fever (whether accompanied with Rheumatism or not)—Cholera being a disease *sui-generis* must be placed by itself; Chicken and Small-pox also being uncertain in their periods, must be so placed. The three above-named almost always prevail among gangs of Coolies.

As a general rule, the Malabar Coolie rarely suffers from what is called *organic* disease. The following is the ratio in which such forms of disease prevail among them :—

* Cerebral Disease	Frequent.
Pulmonary do.	Frequent.
Liver do.	Rare.
Splenic do.	Very rare.
Kidneys	Very rare.
Vesical Disease	Never.†

*** Mostly the consequence of eating opium.**

† Unless when the result of badly-treated Venereal.

DIARRHŒA

is among Coolies a disease dependent on *external* causes, such as over-feeding, bad food, and cold accompanied with rain. The forms of diarrhœa proceeding from mental anxiety or irritation, affections of the liver or kidneys, are very rarely found among them. The disease is almost universally a simple one.

From Over-eating. *Diarrhœa from Over-eating* (or "surfeit") takes place most commonly after the arrival of a gang from "their country," and

their settling down upon an estate. During their journey they had starved themselves, in order to reduce their expenditure to the lowest farthing; so that on their arrival, with exhausted systems and famishing with hunger, their stomachs are ill prepared to stand the siege of a large illdressed and impatient meal. Their first demand is for rice, and this the superintendent delivers to them without delay. They forthwith boil it (more frequently half boil it) and devour it with great rapacity until their abdomens are swollen out like that of a pregnant woman. The Coolie then lies down to sleep, awakens in a few hours to repeat the operation, and so continues for one or two days until called to work.

Considerable irritation is the natural consequence, and Diarrhœa, with flatulence, pain, and fever, follow.

If the patient be otherwise healthy, the remedy is a simple one. An Emetic composed of

Ipecacuanha ..	..	..	20 grains
Sulphate of Zinc	..	..	10 grains
Water ..	..	..	half-pint

gradually and thoroughly blended together, and given as a draught, followed by plenty of warm water, will soon effect a cure. During the action of the medicine, and for some hours after, the stomach is indisposed for food. The overloaded intestines have been relieved, and time afforded them for repose, the system rallies, and recovery ensues. Should any of the irritation return after the action of the emetic has ceased, a few of the following powders will set all to rights:

Dover's Powder	..	..	3 grains
Carbonate of Soda	..	..	5 grains
Quinine ..	..	..	2 grains

to be repeated night and morning for two or three days.

Diarrhœa from Bad Food.—It is extraordinary what trash a low caste Malabar Coolie will eat, more especially if he be too lazy to earn his due quantum of rice for the week. He will make up the deficiency with anything within the reach of food that he can lay hold of. If he cannot steal any of his master's fowl or eggs, he will seize his cats (a regular dainty to a Malabar Coolie). He will eat rats, mice, fish that has been thrown out as unfit by those of a higher caste, very often putrid; a bullock that may have died of disease, and has been buried; roots, weeds, grass,—in fact, anything that will serve to occupy space and fill up the vacuum in an empty stomach. Anything will be given for a feast of "pig beef." Pork in itself is not an unwholesome dish, but pork which has been fed on all the refuse about a set of Coolie lines, when killed only half bled, badly dressed, and with much of the blood remaining after it has been boiled or roasted, is as dangerous a mess as can be easily placed before any one. In this sort of food, Coolies, whatever be their caste, will revel, so that I never hear of a feast going on among

From Bad Food.

a gang of Coolies without feeling satisfied that before another day is over, there will be a regular burst of Diarrhœa and Dysentery among them. The Diarrhœa which follows is accompanied with *severe griping pains, nausea, languor, irregular stools, at first copious, then small and slimy with straining, headache, and fever.*

The treatment consists in relieving the system as rapidly as possible of the exciting cause, and, provided there be nothing poisonous in the food, and the patient's constitution a good one, the result is generally favourable. The following dose should be immediately given:

Castor Oil	1 ounce
Laudanum	5 drops
Liquor Potassæ	8 do.
Water	half-ounce.

If this should not operate *freely*, the dose may be repeated in the course of from 4 to 6 hours. After the bowels have been well relieved, the following powders should be given *for a day or two:*

Dover's Powder	3 grains
Carbonate of Soda	10 grains
Quinine	3 grains

To be repeated night and morning, but should the intestinal irritation continue it will be easily relieved by a few doses of the following, given twice a day for three or four days:

Rhubarb	5 grains
Colchicum Wine	10 drops
Laudanum	10 drops
Water	1 wine-glassful
Magnesia	10 grains

The Magnesia and Rhubarb should be first slightly wet with the Water, which must be added gradually, blending them together well all the time, until completely mixed up, when the other ingredients should be added.

From Cold and Wet.

Diarrhœa from Cold and Wet.—Although the Malabar Coolie possesses wonderful powers of endurance under cold and rain, considering his native climate, and his light clothing, still he does often suffer severely from them, especially when accompanying any sudden change in the weather. If not attended to speedily (a rare occurrence), this form of Diarrhœa has a tendency to terminate in a troublesome Dysentery. *The stools are frequent, preceded and accompanied by a pain, and distress approaching to tenesmus (or straining); not very copious, dark, and watery; the urine is high coloured; pulse quick; tongue white, or with a brown fur on the back part, and, generally speaking, Fever.* The patient will go about for several days with this attack upon him, and is usually willing enough to go for his medicine, as the fever which accompanies the disease prevents his feeling the languor that attends the other forms. The chief part of the

cure is confining the patient to his lines, and getting him some warm clothing; and the following modes of treatment, at the same time, in most cases, are soon successful. No. 1 is, in the majority of cases, preferable, allaying the irritation more quickly, but it cannot be continued with safety for more than two or three days. In such cases as cannot be well looked after, the safest medicine is that marked No. 2.

No. 1.

Castor Oil	1 dessert spoonful
Laudanum	25 drops
Liquor Potassæ	10 drops

To be given in a little plain water once a day; the evening is the best time. It will not require to be repeated more than three or four times.

No. 2.

Dover's Powder	10 grains
Carbonate of Soda	20 grains
Quinine	4 grains

To be given once in the 24 hours; in the evening for three days: diminishing the dose gradually for the next week.

The proportions of opium prescribed in the above cases may appear large to a person unacquainted with the habits of the Malabars; but, when it is considered that they use it (or hemp, which is the same in its effect) very freely when in health, it may be easily understood how harmless doses are to them that would be very severe for an European.*

Opium, Varying doses of, for different ages.

* See page 61.

In that form of Diarrhœa arising from over-feeding temporary congestion of the liver frequently ensues, *which may be known by the yellow colour in the eyes, the pale colour of the stools and high-coloured urine.* In those cases, after an emetic, (vide page 3) has lightened the pressure on the canal through which the bile flows, and allowed the liver to discharge it and relieve itself, 3 or 4 grains of the Powder known under the various denominations of "Grey Powder," "Grey Chalk Powder," or "Mercurial Chalk," (all the same), should be given in combination with the powders ordered for Diarrhœa under such circumstances.

Those forms of Diarrhœa, however, which are bona fide dependent on organic derangement, should be treated of under the classification of such Primary Disease.

DYSENTERY.

It may be easily seen that, owing to the constitutional peculiarities in the Malabar, alluded to at the head of these notes, the treatment of Dysentery among them must vary materially from that pursued with Europeans. This disease has not the tendency to hasten into the Hæmorrhagic and Typhoid stage with Malabars, and it is a very rare case, indeed, to see one of them die of acute Dysentery in a period of 14 or 15 days, that in which similar cases among Europeans terminate fatally.

Although of a form that may be called acute, Dysentery

maintains its integrity to the very last, neither degenerating or increasing in severity, for weeks together, unless modified by proper treatment. It gradually reduces the patient's strength, not by a discharge of blood, but by the irritation and fever which accompany it.

Symptoms.

"*Idiopathic*" (*uncomplicated*) *Dysentery, among whatever class it prevails is always preceded, for a few days, or at least some hours, by a Diarrhœa of the characters mentioned under the head of the "Diarrhœa from cold and wet." The profuse discharges of the latter, gradually but rapidly diminish, and are succeeded by stools of greater frequency, and of a purely Dysenteric nature.*

The symptoms which indicate its severity, are, increasing frequency in the stools, amounting sometimes to an uncountable number in the 24 hours. These stools are small and composed of blood and mucus (vulgarly called slime) and very little, if any, fœcal matter; accompanied with straining and a reluctance to leave the place. There is, also, a dull heavy pain felt along the lowest portion of the spine, reaching to the fundament, and extending across the lower part of the abdomen; with, in the more advanced stages or in bad cases, pain in passing water (a symptom not so serious with Malabars as with Europeans), with these is conjoined, also, a great disinclination for food, foul tongue, and fever, with its attendant symptoms (vide Fever).

Care must be taken not to confuse the simple Dysentery, which springs from natural causes, with that produced by poison, taken either as food or medicine, by worms, or organic disease. Vide Abstract.

With Consumption.

That form which attends *Consumption* in its latter stages, (often to be seen among the younger members of a gang), can be easily distinguished by its accompanying symptoms, such as cough, expectoration, perspirations, constant fever, emaciation, and debility, with a florid tongue. There is also *wanting* the distress at stool, its frequency and the muco-bloody discharges. The evacuations are mixed up with fœces, and with what is called in Malabar "*sithem*," professionally termed "matter," or purulent discharge.

NOTE. Pronounced "Seethem,"

With Worms.

In the cases of Dysentery, proceeding from *worms*, the sensation of pain is almost always in the *navel*. The stools are frequent, with blood and mucus, and there is also some straining. But the patient does not seem to be particularly ill; he has only an occasional attack of fever, and the tongue, although not clean, still does not indicate serious illness. He is able to go to his work with impunity.

From Poison.

The Dysentery resulting from vegetable poison taken *as food* is easily recognisable, as the attack is sudden and violent, accompanied with severe pain, occupying the *entire* abdomen, as well as the stomach and throat, with vomiting and a burning sensation in the passage from the mouth to the stomach. The stools are scanty and composed of blood and mucus, almost entirely; the strength of the patient reduces with great rapidity, and he sinks in a very few hours.

These last cases are, unhappily, not by any means unfrequent, especially among lazy and low-caste Coolies, who dig up roots of any kind to make into curry, and consequently very often fall upon poisonous ones. I have known three members of one family die in the course of twelve hours from eating the roots of the Gloriosa Superba.

Poisoning from native medicines produces a form of Dysentery by no means so easily discernible. This is especially the case among pregnant women, who desire to produce abortion, and is an affair of every-day occurrence on a large estate. The manner in which the medicines are administered, whether mineral or vegetable, prevents the deleterious influence from becoming immediately perceptible. It is when they have accumulated in the system that their constitutional effects begin to exhibit themselves by their action on the mucus membrane: the symptoms resembling, very closely, those of Dysentery already detailed. The difficulty consists therefore in discovering the truth. Falsehood among the Malabar Coolies is at a high premium, and it requires great knowledge of their habits and diseases to be able to discriminate between the irritation, or even actual ulceration produced by spurious medicines, and the existence of simple disease. Managers of estates cannot be expected to do so, and no man of common sense would attempt it. Under such circumstances the assistance of a medical practitioner, conversant with their language, habits and diseases, is essentially necessary.

The treatment of these complicated forms of Dysentery depends so much on that of the disease from which it proceeds, that nothing more than a mere allusion to it, sufficient to guide the planter, to a certain extent, can be given in elementary notices such as these.

The best remedy for the Dysentery of *Consumption* is the following, as it serves to relieve the constitutional as well as local irritation:

*Lime Juice	1 wine-glassful
Laudanum	25 drops
Colchicum Wine	25 drops
Water	1 quart-bottleful
Sugar	1 ounce

*Orange Lime, or even Tartaric Acid when Limes cannot be had.

Mix all together, and give a wine-glassful every second hour.

The treatment for Worms and Dysentery which accompany them is very simple. After ascertaining that they undoubtedly exist, either of the following remedies will prove sufficient to remove them, generally speaking:

Take of the Dried Bark (well reduced to powder) of the root of the *Pomegranate* ..	1 scruple
The milky juice of the unripe *Pappaya fruit*..	1 tea-spoonful

Mix well together and add gradually of fresh cow's milk, half a tea-cupful: to be given as a dose† and repeated for three times;

† NOTE. In the morning and fasting.

and followed by an ounce of castor-oil on the morning succeeding the last dose.

In mild cases a decoction of one ounce of the bark of the root in a quart of water, and boiled down to one pint, will answer very well, in doses of half a wine-glassful three times a-day, to be followed by castor-oil as above.

The juice of the Pappaya, alone, given in sugar and milk for three days and followed by castor-oil, is also, in many cases, sufficient, and is the safest for children. These remedies can be procured with the greatest facility from any of the surrounding villages, as they all grow them abundantly.

Turpentine is also often given, but it requires discretion, and the safest plan is to get professional advice before giving it. The remedy now used most generally to expel the common worm, and decidedly the most effectual, is the powder of *Santonin*, in doses of three or four grains, once a day for three days, to be fol'owed on the fourth by a dose of castor-oil.

From Poison. That form of Dysentery which is produced by poisonous food, admits but of little assistance. It is merely a symptom of the action of intensely irritating substances on the coats of the intestines. The best remedy is the following:—

Lime (Chunam) Water.. ..	One table-spoonful
White of Egg	One

Beat up together and add—

Boiled Milk	One wine-glassful
Laudanum	20 drops

Mix all together and give as a dose; to be repeated every hour.

If the patient appear to be sinking, a tea-spoonful of Liquor Ammoniæ (Spirits of Sal Volatile or Hartshorn) may be added.

A Liniment of Turpentine, Sweet Oil and Laudanum, blended together by means of Liquor Potassæ, or, if not to be had, Lime Water should be well rubbed over the whole abdomen every time the medicine is administered.

Simple Dysentery treatment. When a Coolie attacked with Dysentery presents himself for advice in the early stage, the treatment is, in the majority of cases, simple enough, provided the person be in other respects healthy.

The first attention must be paid to the state of the tongue. If the tongue be covered with a thick cream-coloured coating no time should be lost in administering a good emetic, such as has been prescribed for cases of Diarrhœa, alluded to under that head. The effect of the emetic will be to arrest the Dysentric discharges for several hours, and thus afford time for the advantageous administration of other remedies. So perceptible is the relief produced by emetics, both in Dysentery and Fever, that it is a common thing for Coolies to come, of their own accord, and ask for it before applying for other medicines.

Should the tongue be comparatively clean, which it usually is in the early stage, the emetic is not so peremptorily required,

and the same remedies may be used as should be given after an emetic had been exhibited in the first instance.

The next inquiry should be as to whether or not the attack is accompanied with Fever, as that will involve the use of Quinine or some other Febrifuge. If the pulse be quiet, the skin cool, and that the patient does not complain of attacks of shivering followed by heat at any period in the 24 hours, the case is easily cured by either of the following remedies:—

Castor Oil ..	..	.. 1 dessert-spoonful
Laudanum ..	..	.. 25 drops
Liquor Potassæ	..	.. 10 drops
Water ..	..	.. ½ wine-glassful

To be taken once a day, before going to rest at night, for two or, at most, three nights, or—

Dover's Powder	..	..	.. 5 grains
Carbonate of Soda ..		..	.. 10 grains

To be thrown on the tongue dry, and washed down with a wine-glass of cold water.—To be repeated night and morning for two or, at most, three nights.

When Fever is present the addition of Quinine is necessary, and its effects are very valuable:— **With Fever.**

Dover's Powder	..	..	.. 3 grains
Carbonate of Soda ..		..	.. 10 grains
Quinine ..	..	..	.. 3 grains

To be thrown on the tongue dry and washed down with a wine glass of water, and repeated three times a day for two or three days.

In the majority of cases the above-mentioned remedies will soon effect a cure. But there are others which from some peculiarity of constitution are more unmanageable. *In such cases the straining and pain in passing water are very severe; the patient suffers from extreme thirst and strong fever, languor and irritability, unceasing small muco-bloody evacuations.* The most natural as well as effectual remedy in such a case is to apply some 6 or 10 leeches to the fundament, which procures almost immediate relief. But Malabar Coolies have a great repugnance to leeches; nor can they understand how the extraction of blood can be useful in a disease which seems to them to be nothing but a discharge of blood from the internal parts. The next best remedy is an injection of laudanum. To this they have far less reluctance; and they can easily procure a Caughany or some one to give it to them. As, however, the chief point in its administration is *its being retained*, some care is requisite in its preparation. The following is the best form for its exhibition:—

Sweet Oil	..	.. 1 dessert-spoonful
Liquor Potassæ ..		.. 10 drops
Laudanum	..	.. 25 drops
Sugar of Lead ..		.. 3 grains

To be well shaken up together.

If the above materials are not at hand, let the laudanum be well mixed with a dessert-spoonful of boiled arrowroot, or sago, or even rice-conge—anything in fact to prevent the laudanum from irritating the surface of the intestine.

The effect of the laudanum will be to relieve not only the severe straining, but also the pain in passing water; and this relief will assist materially in reducing the constitutional disturbance, thereby allowing the remedies to act with greater effect. This injection may be repeated at least three times in the twenty-four hours if necessary.

Lime Juice.

The thirst which is present in these severe cases is very great, and is best relieved by a mixture of lime-juice and water. This remedy is not only a very favourite one with Malabar Coolies in dysentery, but is a perfectly safe one. I have known many instances of their curing mild attacks of dysentery by the use of lime-juice alone; and the prejudice which exists in the minds of Europeans, respecting the danger of introducing acids into the stomach in cases of intestinal disease or derangement, has, as far as regards vegetable acids (and in nothing more than as regards the juice of the lime), no just foundation. The simple fact that such acids, after they are introduced into the stomach, change their character and assume alkaline properties, should at once set all imaginary fears at rest.

I have always given lime-juice and water as a drink in the worst cases of dysentery, both European and native, with marked benefit; and the success that has attended the mode of treating dysentery among Europeans, adopted by me for the last ten years, will attest to the accuracy of these instructions.

When the attack is combined with severe intermittent fever, it will be necessary to give larger doses of quinine than ordinary. Doses of *five* grains or even *ten* grains may be safely given *for once*, so as to strike at the root of the fever; and the smaller doses continued afterwards. These obstinate cases, however, have usually some concealed cause for them, that can only be detected by a professional examination, which should be had recourse to as soon as possible.

Dropsy after Dysentery.

One of what is professionally termed the *sequelæ*—the conditions of the system produced by disease—of dysentery among Malabars is anasarca or dropsy.

This usually follows cases which have been concealed; and, consequently, have either not undergone any treatment at all, or the very imperfect one of native remedies.

It commences with a puffy appearance in the feet, hands, and face, so slight, as scarcely to attract attention; indeed, it would be altogether disregarded by the patient himself but for its fatality. The swelling gradually, not rapidly always, extends up the legs and thighs to the abdomen. The scrotum and penis get swollen sometimes to an enormous size, and, lastly, fluid can be distinctly perceived in the cavity of the abdomen; when it has arrived at this stage the hope of saving the patient's life has passed. Relief may be obtained by tapping, so as to prolong life for a time; but very soon the lungs

become involved, the brain follows, and the patient dies as it were apoplectic (see Note 5).

Even in the earlier stages little can be done, as the absorbent vessels which should be present to carry off this superabundant fluid, have been so much injured by disease as to deprive them of all sanitory power: and from the same cause a congested state of the liver and spleen serve to embarrass the case almost hopelessly.

The remedy, however, which has seemed to me to act most beneficially is the following:—

Saltpetre..	10 grains
Iodide of Mercury ..	¼ grain
Sulphur	15 grains
Dover's Powder	2 grains
Quinine	2 grains

made into a powder, and repeated night and morning; or,

Calomel	½ grain
Iodide of Potassium ..	3 grains
Saltpetre	10 grains
Dover's Powder.. ..	3 grains
Quinine	1 grain

made up with a tea-spoonful of arrow-root into a dose, to be repeated night and morning.

Puncturing the feet when much swollen, with a lancet, in three or four places, and the scrotum and penis when involved in the swelling, will give great relief by allowing a large quantity of fluid to escape. It will also in some degree assist the action of the medicines.

Hæmorrhage from the Bowels.

Before concluding the subject of Dysentery, I may as well allude to an attack which has been always enrolled, although unjustly, under that head. It is very rare however among Malabars; and had I not seen three cases I should not have included it in these notes.

On enquiry the patient will be found to have suffered from general illness, which he could not well describe, for a few days previously to the attack, viz.:—headache and giddiness; a sense of fulness all over him, and restlessness, with a nervous feeling in his hands and feet: loss of appetite with languor, and irritable state of his bowels, and very dark urine. His tongue has been furred; he had a bad taste in his mouth, and the whites of his eyes were rather tinged with yellow.

Suddenly he gets what he believes to be an attack of Diarrhœa, which he thinks will do him good; perhaps he has taken some aperient medicine; he does not pay much attention to it, until either from its increasing frequency, weakness, or some accidental cause, he is led to examine the discharge, which he perceives to be, almost, all dark coloured pure blood, and profuse in quantity; sometimes there is combined in these discharges. green bilious matter, which creates a sensation of heat and griping in the bowels, giving still more of a Dysenteric

character; but, more usually the evacuations are passed without pain or straining; and, as soon as the immediate urgency is over, the patient retires from the stool with a sensation rather of relief than otherwise. The attack increases in violence for a period, generally, of 36 hours, during which time, from the almost inconceivable quantity of blood passed, it is surprising to every one how the patient survived. It then begins to diminish both in frequency and quantity; fœcal matter increases, for it never wholly disappeared during the attack, large quantities of bile come away, producing great suffering in their passage, and causing, at the close of the illness, all the straining and painful urine of genuine Dysentery.

All the appearances of this attack are calculated to excite the liveliest alarm among the patient, his friends, and medical attendants. But, unless the patient be of a scorbutic constitution, it is not, in reality, dangerous; it is an effort of Nature, by which congested liver and engorged circulation relieve themselves through the medium of the vessels supplying the intestinal canal.

The treatment of the above cases consists in assisting the effort nature is making, by relieving the system of the blood with which it has been overloaded, and enabling the circulation to return to its natural channels. This is best done by bleeding directly from the arm; confining the patient to the simplest diet, and watching his strength. Acidulous drinks are here invaluable, as medicines can do but little in the way of advantage, whatever they may to the patient's prejudice. This form of disease is, however, so very rare among Coolies, that beyond this short abstract it is not required that any further notice should be taken of it, as it comes under the class more peculiarly belonging to Europeans.

FEVER.

The different forms of Fever that prevail in Ceylon have all the same aspect when attacking the Malabar Coolie as when affecting the European and Singhalese.

Their power of recovery however far exceed those of the latter; for we see whole villages decimated by an Epidemic of Intermittent Fever, that is attended with comparatively trifling mortality when it attacks the Coolies on an estate. The indolent apathetic habit of the Singhalese quite unfits him for resisting the inroads of a disease so depressing; while constant exercise in the open air, frequent ablutions, and good appetites, establish a tone of muscular and nervous energy in the Malabars, which enable them not only to bear up against the prostrating effects of Fever, but to benefit by the remedies they take.

On estates where the same Coolies have been resident for any length of time, they acquire great confidence in the medicines given by their masters for the cure of Fever, and when attacked by it, almost invariably apply for quinine.

There are three different forms of Fever from which they suffer, viz.:— **Subdivisions.**

Intermittent,
Remittent,
Jungle.

INTERMITTENT FEVER.

Symptoms. *When a patient presents himself as suffering from Intermittent Fever, he complains of headache, languor, pains in his limbs, and loss of appetite; that he has had at a certain hour within the previous twenty-four, a severe attack of shivering, which lasted for a limited period, varying in different persons, from half-an-hour to two hours, followed by great heat and thirst. When you enquire about the perspiration which one naturally expects should have followed, he will not express himself determinately about it, one way or the other.*

The Malabar Coolie does not perspire much in this country. It requires either violent exertion, severe pain, or a good fright to make him do so: so that the third stage of Intermittent Fever may be very easily overlooked in them. His bowels have been most probably in a confined state for the last day or two—at all events he will tell you that he has not had diarrhœa. Attention is next directed to the pulse and tongue, both of which should be carefully examined, as perhaps the best indications of the existence of Fever, when other circumstances might lead one to doubt its presence. On pressing the artery of the wrist gently, instead of the steady decided beat of health, there will be felt a peculiar wavy sensation under the finger, as if two pulsations were included in one, and giving the idea of a want of power in the heart to expel the whole of its contents by one impulse. This indication will demand more careful observation in the next form of Fever to be noticed; but in this one it may be easily perceived. The state of the tongue also is deserving of close attention. It will be found either white or coated with a thick creamy-coloured covering, as in the severer cases. In the milder ones it will have a bluish white shade that is unmistakeable when once distinctly observed: and in both, there is that peculiar tremulous motion that indicates a degree of nervous disturbance which, however controllable in other members of the body, is altogether uncontrollable in so delicate an one as the tongue. When other symptoms are too slight to give distinct evidence of the presence of Fever, this last one may be unhesitatingly relied on.

Treatment. After ascertaining the period when the approach of the attack may be expected, it will be necessary, in the milder cases, only to anticipate the Fever by the administration of a tolerably strong dose of quinine two or three hours before it commences. The probable consequence will be, if not to arrest the progress of the Fever at once, at all events so to modify it, as render only a few doses of quinine for a day or two necessary. For this latter purpose nothing will answer better than the powders sold at the Medical Hall, under the name of "D'Esterre's Fever

Powders," which act generally on the system, as well as directly as a febrifuge. The dose of quinine to be given as a preliminary, in anticipation of the attack, should not be less than *five* grains for an adult. Great care should be observed in not giving it during the hot stage, nor even in the cold one if possible. When given at these periods it produces aggravation (not always without danger) of the Fever.

In severer cases, as indicated by the loaded condition of the tongue, and full, bounding pulse, the following dose should be given without delay, as an emetic:

Ipecacuanha	20 grains
Sulphate of Zinc	10 grains
Warm Water..	1 tumblerful

To be taken all at once, and followed by frequent draughts of warm water. This dose may be given at any period, but it is best, if possible, to give it at such a period *as will enable the patient to get a full dose of quinine before the attack supervenes,* which cannot be done until after the stomach has had a little rest from the effects of the emetic.

In the severer forms of Intermittent Fever, it does not always follow that the power of the disease is at once *subdued* by these means. It is, no doubt, considerably *modified,* and the system prepared for the beneficial reception of subsequent remedies. In such cases the patient should be kept in his lines; mild and nutritive drinks be given; as much cold water as he desires, either plain or mixed with lime juice; and the following powders given and repeated at intervals of four hours, and gradually diminished in frequency until the patient is cured.

Quinine	3 grains
Carbonate of Soda	10 grains
Saltpetre	5 grains

To be mixed together in a little rice congè, and when given to be washed down with a little water. Should the skin be very dry and hard, it will be as well to add about *one grain* of *James's Powder* to each dose, but this will not be useful where there is much nausea or irritability of stomach. It will be essential to look particularly after the state of the bowels, for they should never be allowed to pass one day without being relieved. This is not, however, a case of universal necessity, as the emetic will act on the intestines most usually as an aperient, thus superseding the need for it. Should a purgative, however, be required, the best is the following:

Rhubarb	1 drachm
Tartar Emetic	2 grains
Colchicum Wine ..	½ drachm (30 drops)
Lime Juice	1 ounce
Water..	7 ounces

Well mixed together; and one table-spoonful to be given with every powder until the bowels are freely purged. This mode of

obtaining an evacuation is preferable to giving a strong purgative at once, as patients suffering from fever are liable to relapses when their strength is reduced from any sudden cause. The use of Jalap with estate Coolies appears to me particularly objectionable. It is so difficult, as all vegetable medicines are, to keep in a state of purity, and it is so seldom that the care necessary for doing so can be observed by managers of estates that its action is quite a matter of uncertainty, and just as likely to be productive of injurious as beneficial consequences. Should it be desirable, however, to ensure a speedy action of the bowels it is obtained most safely by a dose of castor-oil alone. **Jalap.**

The Fever that accompanies accidents of all kinds, when happening to natives, does not require either an emetic or a full dose of quinine. It is best treated by combining "D'Esterre's Fever Powders" with whatever other medicine the patient is taking, or in lieu of them, about two or three grains of quinine, and four or five of carbonate of soda two or three times a day, and by giving proper attention to the nature and requirements of the accidents themselves.

When Intermittent Fever resists the use of the remedies mentioned above for any length of time, it always shows a tendency to run into the Remittent type, and, sometimes, even assumes the character of Jungle Fever, the "continued Fever" of India. Under these circumstances, there is every reason to suspect the existence of some exciting cause in the form of organic disease, and a strict investigation should be made into all the facts of the case by a medical man. Such complications are more frequent in the low country, where the Coolies are exposed to greater heat, with emanations from the surrounding paddy fields, than where they enjoy the cool refreshing breezes and delightfully cold water of the hills. **Complications.**

The causes which produce Intermittent Fever are various, such as the accumulation of filth about the lines, the exhalation from decaying vegetable matter (especially in close, damp weather), such as pulp, large collection of weeds, jungle that has been imperfectly burned after felling, and the emanation from paddy fields where sudden changes of the atmosphere succeed each other, such as heavy thunder showers after long drought, or great heat after long rains. It is at these periods that Intermittent Fever prevails most seriously, and spreads as an epidemic through the various estates which adjoin each other. It is, also, at such periods that constitutional diseases, such as Consumption, &c., are brought into prominence, through the influence of febrile irritation. All such cases are best treated by being referred directly to professional management. **Causes.**

REMITTENT FEVER.

The symptom which chiefly distinguishes this form of Fever from the Intermittent is the absence of a distinct interval between the periods of the attack. There is not at any time

during its continuance a distinctly fixed period for the febrile paroxysm of cold stage, hot stage, and perspiring ditto. There may be periods of chills, with shivering, which last for a short time, recurring at uncertain intervals; but even these are not present in every case; but there is a period in the twenty-four hours, uncertain, but sure to recur, when what is termed an *exacerbation*, or aggravation of the Fever, takes place, followed by exhaustion, as well as other evidences of increased illness.

Intermittent Fever requires a certain strength of constitution for the distinct development of its paroxysms. It is manifest, therefore, that either the physical organization of a patient suffering from the Remittent form must have been unequal to the task of supporting the regular paroxysms up to their development, or the cause of the fever itself must have been possessed of greater prostrating power. It is by no means an uncommon symptom of recovery to find this Remittent Type emerging into the Intermittent, the intervals of which become daily longer, and, after a time, cease altogether. This is not a matter of trivial importance, as it must be evident, that in a disease of so prostrating a nature as Intermittent Fever, or its aggravated form, Remittent, any constitutional infirmity will demand the closest attention, and require to be removed before a cure can be effected. A lurking cause can only be detected by a professional man, and it is to be feared that many a poor fellow's life is lost through the want of efficient assistance in time. Even among Europeans, at a distance from medical advice, a fever will be tolerated for weeks together, dosed with quinine until the patient is well-nigh deaf from it, and ultimately either prove fatal or be the cause of his taking an expensive sea voyage, all because either indifference or the want of appliances prevented an early and due application for advice in time.

A Coolie, complaining of this type of Fever, will not always acknowledge to the fact of his having actually what he calls "katchill;" in fact, he will sometimes insist on the contrary, and it is only by a careful examination of the symptoms that his master will be able to satisfy himself. There is, to the master, distinctly perceptible, a heat of skin that the Coolie is not conscious of. His countenance is expressive of languor and distress; he trembles when he attempts to stand, and complains of giddiness, headache, pains in all his limbs, weakness, loss of appetite, and thirst. His bowels may or may not be relaxed (if slightly so, the better), and his urine is high coloured, occasionally passed with pain.

Anomalous pain.

There is a peculiarity respecting this form of Fever which requires particular attention. It is the power it possesses of determining itself to a most painful degree on that part of the system which is least able to resist it, and causing in that part intense pain. At one time the side, at another the face, the eye, the head, the limbs, the bladder; any part, in fact, which has been debilitated by previous illness or accident.

So severe is the pain on those occasions that I have often known it to be mistaken for attacks of Inflammation, even by

persons of experience, but it does not yield to anti-Inflammatory treatment, and gradually subsides or disappears as the health of the patient becomes renovated. A mustard plaster, fomentations with hot turpentine, or the application of laudanum, will give relief without reducing the strength, and, consequently, prove the most effectual local remedy. This kind of suffering only ensues in cases where the constitution has been the victim of *repeated previous attacks* of Remittent Fever, and where the strength of the patient has been consequently much reduced. It should not be confounded with Rheumatic or Syphilitic pains.

Complications.

The diseases with which Remittent Fever is complicated are Consumption, Dysentery, Rheumatism, Syphilis, and Ophthalmia.

With Consumption.

Its combination with Consumption is universal in every country and climate, under the name of "Hectic Fever," and only ceases with the life of the patient. Among Malabar Coolies much relief may be afforded by small doses of quinine in combination with other remedies, and perhaps there cannot be a more convenient form than the one mentioned already under the title of "D'Esterre's Fever Powders." In other respects its treatment is so much mixed up with the general one that no further allusion is necessary.

With Dysentery.

In this complication the Fever acts as the sustaining cause of the Dysentery, whether it has been the exciting (first) cause or not, and, in proportion, as the Fever is subdued, so do the Dysenteric symptoms subside, and gradually disappear. The best form for exhibiting quinine under this complication is as follows:—

Quinine	3 grains
Carbonate of Soda	10 grains
Dover's Powder	5 grains
Columba Root Powder	10 grains

Make up into one powder, to be thrown on the tongue, and washed down with a little cold water, and repeated night and morning for six or seven days.

With Rheumatism.

This complication is very common, indeed so much as to attract the attention of the Estate Manager in an especial degree, and lead him very frequently to overlook the Fever altogether, more particularly as the patient will rarely acknowledge to suffering from Fever at all; but if it is attempted to cure the Rheumatic pains independently of the Fever, the master will very soon find out his mistake. The following is the best mode of treating it that I have ascertained:—

Solution of Arsenic ..	5 drops
Colchicum Wine	12 to 15 drops
Liquor Potassæ	8 to 12 drops
Water	1 wine-glassful

To be repeated night and morning for a week; or

Quinine	..	..	..	3 grains
Carbonate of Soda		..	..	10 grains
Magnesia	..	..	..	10 grains

To be thrown on the tongue, and washed down with a wine glassful of water, containing about 15 drops of colchicum wine, and 10 drops of laudanum, night and morning, until the fever, &c., subsides.

With Syphilis. When this complication is satisfactorily ascertained, advice should be sought for from a professional person. I have seen occasions in which sad havoc has been made through the ignorance of self-opinionated persons in this respect.

With Ophthalmia. The same remarks as to the treatment of the complication of Remittent Fever with Dysentery are applicable here. At the same time the ravages of Ophthalmia are sometimes so rapid and severe, that the best plan for the Estate Manager is to seek for professional advice.

Treatment of simple Remittent Fever. When it has been ascertained that Remittent Fever has no complications, the next object is to find out whether the patient had suffered from previous attacks, and if so how frequently. If it is a *first* attack the cure is generally easy, and it can be obtained in the most effectual and speedy manner by removing the Coolie at once to another set of lines, if possible more elevated and airy than the one he occupies; but if it could be so arranged as to have him transferred, for a time, to another *estate*, his recovery will be still more rapid. This plan is not, however, always available; under these circumstances he should be told to bathe in cold water once a day; not remaining in it for a longer period than five minutes, at the most, at any one time. It is important to *insist* upon this, as otherwise his friends will keep him in the bath until he is so chilled that reaction will not set in, and he will be worse than ever. After his bath he should be well dried, carried to his lines, and given the following dose:—

Quinine	..	..	..	5 grains
Lime Juice	..	..	..	½ wine glassful
Water	..	..	..	½ do.

The quinine is to be first dissolved in the lime juice, and then added to the water. To be given once a-day, always *after* his bath, every day for a week at least.

If the patient had previously suffered from attacks of Remittent Fever, it becomes more serious in proportion to the number and duration of those attacks. Quinine alone will then produce but slight benefit, and, if any, only temporary. It will require a combination with other tonics, sometimes with alteratives likewise. The best tonic with which it can be combined, under such circumstances, is iron in its different preparations of the carbonate of iron, sulphate of iron, and the "muriated tincture of iron," or "steel drops." This last is the most convenient, and, at the same time, as effectual as any. The form in which I give it in the general run of cases is as follows:—

Quinine .. .. 2 drachms
Steel Drops .. .. .. ½ ounce

Shake up well together and put into a glass-stoppered bottle. Ten drops to be given (after shaking up the bottle very well) three times a-day, in a glassful of water. This medicine will keep for a long time; and as it is expensive it should be reserved for future use after the patient has been cured, which he generally is in ten or twelve days.

There are some cases, however, where even this powerful tonic will not completely restore the patient. Under these circumstances if it can be proved satisfactorily that there exists no local disease, the manager had better either send the patient home to his country, or get the advice of a medical man.

Sequela. The "Sequela" mentioned under the head of Dysentery as a *Dropsical* state of the system is equally prevalent after long-continued or neglected Remittent Fever, and must be treated much in the same way. The only difference, of consequence, being the omission of the opiates, whether in the shape of laudanum or Dover's powder, or at least in the reduction of the dose, if it be necessary to include them. When death follows long-continued Remittent Fever, it is almost invariably preceded by this Dropsical condition. Nature still makes an effort for existence, by inducing another, although a dangerous condition; in this she sometimes succeeds, for I have seen recoveries under those conditions. I do not even remember to have seen a death from simple Remittent Fever *alone*, among Malabar Coolies.

Jungle Fever.

This is the "Continued Fever" of India, agreeing in many of its characters with the Typhus Fever of Europe, and yet distinguished from it in some most essential points. Its mainly distinguishing features consist in:—

Distinguishing characters.

1st.—The absence of Infection.

2nd.—The absence of "crises" or critical periods.

3rd.—The absence of "maculæ" or those dark spots over the surface of the body, which indicate the tendency to putridity of the system in Typhus Fever.

The first of these distinguishing symptoms has been long and well established.

The second may be placed in the same category as the first.

As to the third, it may be considered so also. I have, in *three* cases witnessed among Europeans, spots so strongly resembling the true maculæ of Typhus Fever, that I could not find it easy to satisfy myself of their non-identity. But instances so rare cannot be looked upon as establishing a rule.

Symptoms. It is called "Jungle Fever" from its being supposed to depend on malarious emanations from decaying vegetable substances in a place either surrounded by or in the midst of close jungle, whether forest or chena. It is true that such causes are productive of dangerous febrile attacks. Many pioneers, Coolies and Europeans, have fallen victims to fevers of this

type while opening up parts of the country previously uninhabited. But I have seen as bad cases of this fever in persons who had been working in the low country, exposed only to the mists which rise from surrounding paddy fields, or which hang over the rivers and streams; this last I look upon as the most destructive of all, for reasons given in another place.

This type of fever presents, between Malabar Coolies and Europeans, no distinctive features, except in the rapidity of its action on the constitution. While in the latter its fatal influence may be delayed to a period varying from eight to twelve or fifteen days; in the former it takes effect often in ten, twenty-four, or forty-eight hours. I have seen it prolonged to four or five days, but that is not a frequent case.

The following course of symptoms are what usually prevail:—The Coolie, perhaps while out at work, is seized with a violent attack of shivering and headache; he is brought home to his lines incapable of exertion and disinclined to speak; if raised up into a sitting posture, he hangs his head to one side or throws himself back; complains of giddiness, cold and great prostration; his pulse is full and very rapid; his tongue white; he has no desire to go to stool or to make water; all he asks for is cold water and to be left alone. In four or five hours, a cold sweat seems to spread over him; his restlessness is excessive; the tongue becomes dry and dark, and he drinks water with greater avidity; after a time he begins to mutter to himself, throw the clothes from him; his eyes that had been previously bright and staring are now bloodshot and rather wandering. In eight or nine hours he raves and throws himself about violently, gradually subsides into a moaning unconscious state, which soon advances to a heavy snoring kind of breathing, rattles in the throat, not unfrequently convulsions and death.

This description may be extended as I have said over a period varying from ten or twelve to forty-eight hours, or perhaps to three, four, or five days, but it presents the same catalogue of symptoms sooner or later. He has a great advantage if he passes the first twelve hours. It gives time for assistance and shows a power of constitution capable of standing against the violence of the attack. When the symptoms follow each other with such rapidity the case is almost hopeless, but when the patient shows some powers of reaction there is reason to hope.

Treatment. If the case is brought to the manager's notice during the stage of shivering, *he should not on any account give an emetic.* There may not be sufficient nervous energy to enable it to act, and the consequences may prove rapidly fatal. His first remedy should be a dose of hot brandy and water, not too strong, and then wait for the hot stage which will most probably succeed sooner in consequence of the stimulant he has taken. As soon as that stage has well set in he should have the patient carefully carried into the open air and *exposed to the sun:* laid upon his face, and he should order chatties of cold water to be poured quietly but rapidly over him, from his

head all down the course of the spine, and over his limbs. As soon as he acknowledges the refreshing effect of this remedy, by greater tranquillity in his breathing and movements, he should be turned on his back and the same process repeated on his face, chest, stomach, and limbs. He will soon express in language and manner the relief he experiences; and should immediately be conveyed to his lines, well rubbed until perfectly dry, covered warmly up and left alone, unless he expresses a wish for some more brandy and water, when a little may be given him. If after this he perspires freely the manager has the cure, it may be said, in his own hands; but if not there is every reason to fear the result.

Considerable caution must be used in giving quinine in these cases. The determination to the brain is so great that a full dose of quinine may prove rapidly fatal. The same may be said of opiates. I have had recovery take place under the following treatment in almost hopeless cases, in which had I exhibited full doses of quinine they would have died rapidly. The remedy which I have proved from repeated trials, in such cases, to be most successful and of course most to be relied on is the following:—

Tartar Emetic	3 grains
Epsom Salts	1 ounce
Quinine	2 scruples
Lime Juice	1 wine-glassful
Laudanum	1 drachm (60 drops)
Water	1 quart bottleful

Shake well together, and give a table-spoonful every hour for the first twenty-four, gradually diminishing the frequency of the dose as the patient improves.

In cases where the rapidity of the symptoms is not so great an emetic will prove of great advantage, followed by a full dose of laudanum. In those cases the patient may have been ill for several hours before assistance is called for. His skin will be found hot, his tongue dry and parched, but not black; great thirst, languor, inability to raise himself or to speak distinctly, and a desire to be left alone. He lies comparatively tranquil, does not speak much except to call for water which he does continually.

After the emetic has well acted, and that he has had a good sleep from the effects of the laudanum, he should be treated in the same manner as in the former case, as far as the bathing is concerned, and the same doses of the mixture should be given, *with the omission of the laudanum.*

In both instances a blister on the back of the neck is useful, especially in the latter where it has time to take effect. I have tried leeches but the result did not encourage repetition of their application.

The different phases exhibited by Jungle Fever in its effects on different persons, depends in a great degree on the constitu-

tional power to resist the destructive influence of the poison. But there are occasions in which, in its overwhelming power, it strikes down the strongest; and a young, powerful, healthy Coolie will sink beneath it with passive helplessness.

Still much may be done even in a disease so impressively serious by timely attention to reasonable means: and there are few circumstances in which the medical man has reason to feel sincere gratification, than when success, in such cases as these follows a strict adherence to the means he has recommended. He feels that experience, gained by toil and hardship which few understand, has not been in vain, and that the "Gift of Healing" bestowed by a Higher Power has not been given him for nought.

Complication with Pneumonia.

The most frequent complication to this disease is what is termed in medical terms "Pneumonia," but in simple language inflammation of the substance of the lungs. It is needless to add that such a complication increases greatly the difficulty of the treatment. It is best treated by the application of an ample blister to the side where the pain and difficulty of breathing is felt. A grain of *Ipecacuanha*, likewise with three grains of *Carbonate of Ammonia*, given every third hour in the intervals between the other doses, are necessary.

With retention of Urine.

Another is the loss of power over the action of the bladder, and a consequent inability to expel its contents. This should meet with the most prompt attention, as its continuance will produce such an effect on the brain as will prove rapidly and decidedly fatal. In these cases medical assistance should be procured without delay. Until it has arrived the following injection may be productive of relief at least for a time:

Turpentine	1 ounce
Spirits of Hartshorn	1 drachm
Sweet Oil	2 ounces
Rice Congè	5 ounces

well shaken up together, and thrown up the rectum with as much force as possible; with the action of the bowels produced by this injection, that of the bladder will very probably be induced at the same time.

ERUPTIVE FEVERS.

The number of Eruptive Fevers prevalent among Malabar Coolies is limited to the following:—

Small Pox	very common
Chicken do.	do.
Measles	occasional
*Urticaria	do.
Scarlatina	never.

* Nettle Rash.

The only one, as may be seen, among the above list to be really dreaded is the Small Pox which, from its severity, may well be considered as great a pestilence as cholera. The peculiar

characters which distinguish Chicken Pox from Small Pox may be very succinctly stated on paper; but when it is endeavoured to carry those instructions into practice it is a very different matter. When the case is one of simple Chicken Pox it may be distinguished by the following characters:—

CHICKEN POX.	SMALL POX.
The Eruption is Vesicular	The Eruption is Pustular.
Do. Small	Do. large and prominent.
The Do. appears on the third day of the Fever.	The Do. appears on the 5th or 6th day.
The Fever is very light.	The Fever is alarming.
The Scale which succeeds the Vesicle is thin, and leaves no mark.	The Scale left by the Pustule is broad and thick, and leaves a deep mark.
There is no particular result to this Fever.	The results are frequently Ophthalmia, Consumption, Dropsy, Paralysis.
This disease is never fatal.	This disease is fatal in an average of 1 out of 3.

Although this may appear to be all very simple and satisfactory, it is more frequently found to be very much the contrary when an attempt is made to prove it; for there are peculiarities of constitution in certain individuals which in the one case will sufficiently aggravate the symptoms as to give a vesicular so much the appearance of a pustular eruption as almost to defy the diagnosis of even an experienced person: and in others the pustular eruption is so modified as to present its true character but very imperfectly. Such cases are so frequent that when an eruptive fever of any kind is found to have sprung up among the Coolies, the assistance of an experienced man should be immediately sought for; and such can be easily procured by an application to the *Superintendent of Vaccination*, whenever there is reason to apprehend an outbreak of Small Pox. In the dark skin of the Malabar, the slight variations in shade of the parts around the eruption, which prove of great assistance among Europeans, are lost, by which the difficulty of diagnosis is increased, so that a person not perfectly conversant with the various phases of Chicken Pox and Small Pox should never rely on his own judgment.

Chicken Pox.

Chicken Pox is always attended by a slight fever of the Remittent type, which only requires to be kept in check by one of "D'Esterre's Fever Powders" in the 24 hours. The patient should be kept in his lines, and on no account allowed to bathe until after the 12th day. If he can by any means deceive his master on this point he will do so; he requires therefore to be well watched, as the consequences of his bathing might be fatal. If an aperient medicine be required, the safest is a dose of Gregory's Powder, or of Castor Oil.

Measles. This is by no means a common disease among the Malabars, and the only precautionary or sanitary measures required are similar to those mentioned under the head of Chicken Pox. *Its distinguishing symptoms are the absence of elevation, the efflorescence confused and extensive, with cough and sneezing. The eruption shows itself, as in the Chicken Pox, on the third day, and disappears in three days, leaving a kind of scaly appearance on the skin, which all peels off by degrees.*

Nettle Rash. *Urticaria, or Nettle-rash is easily distinguished from either of the former two. When the attack is a severe one it is ushered in with severe headache and strong fever; an irritable state of the bowels, nausea, or vomiting, and occasional chills. The period of the appearance of the eruption is uncertain. It varies from* 6 *or* 8 *to* 24 *hours. Its appearance is that of large weals with a white border round a red centre. This is particularly perceptible when the part is rubbed.*

The eruption is accompanied with a sense of great itchiness and irritation, and a constant desire to rub the part for relief.

The period of its duration is uncertain, as it arises from acidity of the stomach and irritation of the liver; so that until they are removed little or no respite from the eruption need be expected. It disappears nearly as suddenly as it comes on; sometimes under the effects of a sharp diarrhœa, or a violent fit of vomiting, but mostly under the use of medicine. The best

Treatment. treatment for this attack is an aperient with alkalis and antacids, as follows:—

Gregory's Powder	.. ..	10 grains
Mercurial Chalk	.. ..	1 grain
Carbonate of Soda	.. ..	5 grains;

make into one powder and repeat three times a-day until the bowels are freely opened; to be followed by some quinine in the most convenient form, once a day for three or four days.

Small Pox. *The fever which ushers in Small Pox is not at first, by any means, necessarily a severe one: most usually for the first day or two it is a moderate one, exhibiting itself chiefly in the form of slight frequent chills, headache, nausea, with a tendency to vomit very often: a pain in the pit of the stomach, thirst, and languor. About the third day the patient grows worse, and the fever is often accompanied with dilirium, intense heat of skin, a thickly-coated tongue, with great sickness of the stomach, thirst, uncertain state of the bowels, and high-coloured urine. This goes on for two or three days longer: when a peculiar unevenness over the body is perceptible to the touch, under the skin, as if it were lined with grains of shot. These are hardly perceptible to the sight until the sixth or seventh day, when they appear in the form of pimples, raised in the centre and inflamed round the base. As they increase in size their pustular nature is discernible, and by the ninth day they shall have quite established their character. The pustules then begin to decline; first become flat, on the tenth day exhibit the appearance of a circular patch with a dark depressed centre, and on the twelfth day are quite dried up and converted into a dark round scab which falls off gradually in from two to three days.*

During this time the fever which was at its height from the third to the sixth day begins to moderate, and on the tenth day has subsided almost entirely On the fourteenth day it recurs again with increased violence, under the name of *Secondary Fever*, and often proves fatal to cases that have recovered the previous one, chiefly by producing effusion on the brain.

When Small Pox proves fatal during the progress of the Eruption, it is chiefly by an affection of either the brain or lungs; that is, either by "Pneumonia" or "Effusion on the Brain." So little can be done in such cases, without the aid of professional assistance, that the mode of treatment most suggestive is that which regards the precautionary remedies, or the course to be adopted for moderating the severity of the disease.

The most material point for consideration is to place the patient in such a position as will procure for him a supply of fresh air, *without cold*, quiet and careful attendance. **Treatment.**

For this purpose the patient should be instantly removed from his lines to a hut, previously erected, of sticks and straw, in some sheltered spot on a neighbouring Patina or bare space, where the Coolies need not go to work, and from which they might be easily kept away. The hut should be so built as to allow of a cool breeze to pass through it, without exposing the patient to an actual draught of air. It should have but one door, and that not at the side facing the wind. If there were a stream running near the spot, from whence a draught of cold water could be brought to him, so much the better. He should be under the care of a person who had either been vaccinated, or who had suffered previously from Small Pox himself, and who can be trusted for keeping away visitors from the lines, and for giving him his food and medicine regularly. His food should be simply rice congè with a little chicken broth in it, until the seventh or eighth day, when he might get a little brandy and water once or twice a-day, with 2 grains of quinine at night. I have usually given the quinine all through the fever, and, generally speaking, with advantage. During the period when the fever is at its height, the head should be kept cool with damp cloths, and attention should be paid to the state of the bowels. As a medicine in general cases, safely to be relied on, the best is the following:—

Quinine	6 grains
Epsom Salts	1 ounce
Tartar Emetic	1 grain
Lime Juice	2 ounces
Water	6 ounces

A table-spoonful to be given three times a-day, with 2 grains of quinine at night in addition, while the fever lasts.

About the fourteenth day, attention must be paid to the state of the brain and lungs. Should there be any appearance of confusion or delirium, a blister should be applied to the back of the neck, and the medicine above-mentioned repeated every 2 hours,

until the patient becomes quiet and the fever subsides. The same rules may be observed with an attack on the lungs, applying the blister over the painful part.

When the patient is recovering he should not be allowed to go to any distance from the hut; and particular care taken to prevent his bathing before the twentieth day at the earliest, which, however, he must do before he returns to his lines. When he has left the hut, after it is proved that no more cases exist, the hut should be burned to the ground, with his clothes, cumblie and all, so as to prevent the disease from being conveyed to the other Coolies.

The greatest attention is requisite to prevent the disease from spreading, not only among the Coolies of the same, but also of other estates. Small Pox is not a disease of which they are, as a rule, afraid. There is a superstitious feeling on the subject that every one *ought* to have it, and therefore Coolies will be found whenever they have a chance going to the house of the sick person and remaining about him and assisting him in various ways. All this is prejudicial to the patient, as well as likely to spread the disease and every attention is requisite to guard against the evil consequences likely to arise from it. The period of recovery is that in which both infectious and contagious diseases are most communicable, and that is the time when the friends of the sick person are most disposed to call and see him. *In Small Pox, moreover, the scales which drop off from the person, and are extremely liable to be picked up either on the clothes or bare feet of visitors, are impregnated with infectious matter, and thus possess, in a high degree, the power of communicating the disease.* No caution need, therefore be considered superfluous which will secure the Coolies from the danger of epidemic, even though the means be opposed to their own feelings or wishes.

One or two precautionary measures on the part of the Manager, when visiting Coolies attacked with Small Pox, are worthy of attention. In the first place, he should have the patient's position in the hut such as will enable him to see him *without, if possible, going inside.* In the next place, he should always, when speaking to him or standing near him, *keep to the windward of him.*

And in the third place, he should be particularly careful *to avoid touching either him or is clothes.*

These precautions are very simple, and therefore easy to be observed, and may save much subsequent suffering. We see, every day, persons who had been vaccinated, and even persons who had previously taken the Small Pox naturally attacked by it again; in some instances (few certainly) very seriously. I saw a poor girl who had, to my knowledge, been *twice* before attacked with it, and was deeply marked by the last attack, who took it a *third time and died.* The rarity of such cases should be no excuse for carelessness; and it should not be forgotten that although a person may escape himself, he may, at the same time, by a want of caution, become the medium of conveying

the contagion from the patient to a friend, the recollection of which could bring him anything but satisfaction in after life.

ORGANIC DISEASES.

It was previously observed that Malabar Coolies do not suffer much from Organic Diseases, with the exception of affections of the brain and nervous system. The ratio in which they occur may be again repeated:—

HEAD.—Affections of the		Brain and Nervous System,	frequent
CHEST.	Do.	Lungs, ...	do.
	Do.	Heart, ...	do.
ABDOMEN.	Do.	Liver, ...	rare.
	Do.	Spleen, ...	do.
	Do.	Kidneys, ...	very rare
	Do.	Bladder, ...	never,
		except in connexion with Venereal Disease.	
	Do.	Uterus	occasional.

AFFECTIONS OF THE BRAIN AND NERVOUS SYSTEM.

Before specifying and entering on the consideration of the different forms in which these affections shew themselves, I shall allude to one, which from its singularity, as well as its frequency, deserves particular attention, and yet, to which no distinct designation can be given. Young persons, whether male or female, are the most frequent subjects of these attacks, although I have seen strong, lusty men fall victims to it.

CASE.

Mootoo Samry, aged 19 years, in perfect health up to the date of the attack, was benighted in a jungle on his way home. Some accidental circumstance occurred while in the jungle to alarm him; he fled home in a state of extreme terror, and almost speechless, on uttering the word "mooniandy,"* (See Note 6), fell down in a state of insensibility. His friends endeavoured to force some drink down his throat, and only succeeded in getting him to swallow a very small quantity. In the morning he could not swallow, and either would not or could not speak. His jaws were partially closed, his eyes were fixed, but not staring or bloodshot, and the pupils acted feebly under the impression of light, his limbs cool and his pulse slow and regular, but by no means full. On forcing the mouth slightly open, the tongue appeared moist and not foul; his respiration was tranquil and regular, he did not moan or give any sign of pain; he had no action of either the bowels or bladder. Blisters to his head and neck were applied, and stimulating injections given, without producing any apparent effect, and he died in perfect quiet 36 hours from the time he reached home.

* "Devil."

This is by no means an unusual case, it is one with which every planter is acquainted; and, yet, one from the effects of which I

never knew or heard of one having recovered. The superstitious power with which the Coolie invests his "devil" renders it a very dangerous experiment to expose him to the chance of meeting with anything likely to excite his alarm, when he thinks himself helpless; and no Coolie should be urged, against his will, to subject himself to such risks *alone.* With a light, and accompanied by one or two other Coolies, he will travel through the jungle at night tolerably safely and willingly; but no Coolie will be induced, by anything but *force,* to venture out on a dark night through an enclosed place alone. What the nature of the disease may be it is very difficult to specify, as the physical symptoms do not correspond with the effect. It apparently bears the character more of a moral than a physical attack, beneath whose prostrating power death ensues without any distinctly assignable cause.

The treatment of such a case is difficult in proportion to its obscurity; and the utter want of reliance on medicinal means, exhibited by the patient's friends, plainly express their opinion and interfere with anything like regular treatment. Upon devil-dancing and charms they place their hopes; and to them alone (universal failures though they prove themselves) will they entrust the recovery of the sick man.

I have not had an opportunity, lately, of trying the effect of the "*maousa*" stinging nettle, in such cases, but it seems to me a remedy particularly suited to attacks of this nature; it should be freely applied along the whole course of the spine and across the pit of the stomach. It is the only means that appears to me at *all likely* to succeed (See Note 7).

Insanity.

Insanity, in its various forms, is a disease so completely out of the province of the Planter, that very little need be said regarding it.

This disease rarely assumes a violent type; its victims being chiefly females or men advanced in life. Upon enquiry, it will be generally found, that persons afflicted with it have been those accustomed to intemperance, if not in the way of ardent spirits, in a form still more degrading. It is mostly attended with Paralysis, usually of the lower extremities, and with occasional shooting pains along the course of the spine, across the small of the back, and down the thighs. These pains which are complained of as being Rheumatic, should not be always regarded as such, and may, to a great extent, be distinguished by their *permanency,* never varying with the changes of the weather, and being rather increased than diminished by exertion and lessening with repose. They are often accompanied with headache, loss of appetite, and *always* with constipation of the bowels. Sometimes the sight of one eye will be affected, or an occasional transient loss of memory, or a want of comprehension of plain directions will strike the Coolie's master as something unusual and worth being attended to. Medical advice should never be omitted in such cases; but until it can be obtained, a blister on the back of the head; mustard poultices down the spine, *fre-*

quently repeated, with free doses of salts, or pills containing croton oil, in the following form, are the safest remedies :—

Croton Oil	.. ..	2 drops
Blue Pill..	.. ..	5 grains

Crumb of Bread, As much as is sufficient to make into two pills: to be repeated once a-day until the *bowels* are well opened.

This is a rare condition of cerebral disease in an uncomplicated form. When it does ensue it is usually designated a sunstroke, and is fatal in from 2 to 6 or 8 hours. It takes place while out at work; and as the posture assumed by the Coolie, when working in the fields, is a stooping one, exposing not only his head, but the whole length of the spine uncovered, to the heat of the sun, such a consequence is not to be wondered at. Strong, good Coolies are the most frequently attacked, it is supposed in consequence of their exerting themselves more, and thus increasing the violence of the circulation. Apoplexy.

When a man is attacked with apoplexy, or sunstroke, he falls down either insensible at the moment, or in a few minutes afterwards. He had probably complained of headache and giddiness a short time previously, but his complaints were disregarded. When lifted up he stares about, breathes heavily, makes one or two violent efforts, and then subsides into a passive lethargic state. In this condition he is usually carried, roughly, though kindly to his lines. The duration of the lethargic state varies. It is sometimes interrupted by periods of violence approaching to insanity, and ending rapidly in death; or it is prolonged for some hours; the stupor and heavy snoring increasing until it suddenly diminishes in violence, becomes less and less every minute, and terminates tranquilly in death. Symptoms.

A very natural, but a very mistaken plan, in following the first impulse, is to attempt to lift the patient, with the view of carrying him either to his lines or to some place of quiet. The patient should only be disturbed in order to place his head and shoulders in an elevated position, which is best done by laying his head up the hill and his feet down, and then raising over him a screen of leaves or branches sufficient to shelter him. From this position he should not be removed for some hours, and then only with the greatest tenderness and care, everything being previously so arranged as to make the removal as easy to the patient as possible. Treatment.

In the meantime, one of the Coolies should bring water from the coldest place he can find, and pour it from a chattie over his head and face, rather *in sudden douches* than in a continued stream *at first;* after a while it may be poured in a constant stream over his head especially.

Should he exhibit any signs of returning consciousness, his first efforts will be to raise himself up. In this he must be quietly but decidedly prevented. A small quantity of brandy and water (or what is still better, fifteen or twenty drops of spirits of hartshorn in half a tumbler of water) may be given to him. Should he continue to improve for three or four hours, he

may be then placed gently on a litter and carried *quietly* home to his lines; but the greatest care is necessary to prevent his being jolted about.

As violent reaction is certain to follow this partial recovery, the application of cold water, with the addition of vinegar, to the head by means of wet cloths, must be assiduously persevered in, with a dose of salts as soon as he can swallow it. Putting his feet in hot water with mustard mixed through it (a few chillies would improve it), will be found of great use, and should be repeated *at least* once a-day. When the severe symptoms have passed away, and the patient is recovering his intellect and physical powers, the following pills will be found particularly beneficial:—

Blue Pill	1½ grain
Extract of Colocynth ..	1½ grain
James's Powder	1 grain
Quinine	1 grain

To be made into one pill, and repeated night and morning for about a week or ten days.

Serous Apoplexy.

There is another form of cerebral disease which goes under the title, professionally, of "*Serous Apoplexy,*" very different in its characters and equally so in its mode of treatment. *It mostly takes place in persons advanced in life or of debilitated constitutions. The suddenness of its attack is the same as in the former type, but its stroke is almost always fatal. There is not any reacting power in the constitution, and the patient sinks without making an effort for life. It is not often seen among Malabar Coolies. Its chief mode of treatment consists in the administration of brandy and water in small doses, spirits of hartshorn, &c., &c.; but so much depends on the previous habits of the patient that nothing can be done satisfactorily without, and even little by a medical man.*

Paralysis.

The various forms of Paralysis, complete and partial, &c., proceeding from cerebral or spinal disease, are altogether beyond the attention of the planter. If he cannot send them to an hospital he should place them under the care of a trustworthy person, capable of carrying out instructions from a medical man who can give them in writing after having once seen the patient and made himself acquainted with his history. The most of these cases are the result of excessive venereal indulgencies,

From Poisons.

the use of opium, hemp, stramonium; and not infrequently of poisons, administered either in the way of medicine or for destructive purposes, such as arsenic, gold, silver, mercury, &c. I have known very sad effects follow the reckless administration of gold, which is a favourite remedy with native doctors. It requires a close enquiry to arrive at the bottom of these illnesses; and even then to treat them with any chance of success requires patience and perseverance such as the planter with his numerous other engagements cannot be expected to find time for.

***A misapplied term. From Nux Vomica.**

In that form of "Paralysis,"* however, which follows the use of Nux Vomica, the planter may succeed if he takes it in time; other-

wise there will not be room for help either from a doctor or from him. In a patient affected by this poison, the attack, instead of being gradual, is sudden, and altogether surprising as well as alarming to the patient. He feels an unaccountable impulse to throw his limbs into extraordinary positions, and to draw them back again involuntarily. If he tries to put his hand to his mouth, it will find its way most probably to the back of his head, or to his stomach; and in trying to walk he will most likely do it either sideways or backwards. These symptoms exhibit the disease in its earlier and milder stage, and is unaccompanied with pain, and only with a most distressing sensation of utter helplessness. As the power of the poison is increased its effects are more painful and violent, the patient undergoing all sorts of contortions, with intense pain.* During all this time the mind is perfectly clear, and the speech but little affected; there is no headache or sensation of fever, and the pulse though to be felt with difficulty, when distinguished is not irregular or very much hurried.

* NOTE. These symptoms resemble those of Tetanus so strongly that I suspect it has been often mistaken for it, where poisoning is often resorted to, as it is among the natives of India.

As soon as the cause of these symptoms has been verified, the following medicine should be carefully and regularly given, viz. :—

Tincture of Iodine	.. ..	15 drops
Spirits of Camphor	.. ..	10 drops
Mucilage of Gum Arabic	..	1 ounce
Sugar	.. .. ..	2 drachms

To be well mixed together, and repeated every twenty minutes, or every half-hour, until the symptoms have subsided.

Tetanus.

This affection, vulgarly denominated "Lock-jaw," proceeds frequently from cold, produced by exposure to the night air or severe rain, and is very generally fatal. It may also proceed from wounds produced by accident or by surgical operations. With these latter the planter would naturally enough see that it is useless for him to cope, and that he must seek for scientific advice. With the former coming on as it were spontaneously, he would wish to try his hand, and with it he has possibly a better chance of success; still the treatment is to a certain extent empirical, but according to the most reliable authorities the following remedy is, to a certain extent, to be trusted to:

†Strychnine	.. .. ..	1 grain
Quinine	.. .. ..	2 scruples
Camphor	.. .. ..	1 do.
Crumb of Bread	.. ..	As much as may

be necessary to mix the whole with some spirits of wine (say 10 drops), and mucilage‡ into 50 pills. Give one every second hour until the patient is tranquillized, and then diminish the dose to every third hour and every fourth hour, and so on until he is cured (?).

† NOTE. On the use of Strychnine. Vide *Medicines.*

‡ Of Gum Arabic.

The symptoms which distinguish Poisoning by Nux Vomica from Tetanus are the following:

The attack is more gradual in its approach.

There is a sensation of stiffness in the limbs, and loss of power for some time *preceding the spasms.*

The pain is more concentrated, and regular in its return ; confined to the space between the stomach and the spine, producing intense agony while it lasts.

In Tetanus the spasms recur suddenly, and with violence ; are mostly confined to the muscles of the spine, by which the Body is thrown backwards with great force and intense suffering.

Epilepsy. This is not a rare disease among Malabar Coolies, chiefly affecting those from 6 to 25 years of age. A person afflicted with it is usually considered as "possessed of the devil," and charms, incantations, ceremonies, &c., of every devisable kind, are practised among them to procure recovery.

Symptoms. *When a person is about being seized, he experiences generally a sensation of dullness and weight in the head for a few hours previously; he is irritable and unreasonable, and unwilling to exert himself; sometimes he feels a sensation of cold creeping over his body, but it is seldom that distinct information on this subject can be obtained from a Coolie; suddenly he falls down; becomes convulsed; his face is swollen and distorted to an extent calculated to inspire the lookers-on with horror; his tongue is thrust out and severely bitten, while he grunts and groans and foams at the mouth, and his limbs quiver and toss about in an uncontrollable manner; all the appearances of the person during the attack awakening feelings of the greatest distress in the minds of the beholders. During this time his bowels and bladder relieve themselves,—sometimes simultaneously, at other times one or other singly; the convulsions gradually cease; the patient falls into a profound sleep, which lasts for two or three hours, from which he awakens weak and tired, but free from all signs of convulsions.*

The period for the return of these attacks varies according to the length of the illness, at first returning every twelve months, gradually lessening the intervals, until it becomes a monthly affair, mostly occurring about the full of the moon. By degrees the intellects become affected, and, in the more advanced cases, absolute idiocy is a frequent termination.

Treatment. Treatment for the *cure* of such cases cannot be considered to be within the province of the planter. They should be placed under regular professional care. A few directions for the management of the patient during the attack, as well as precautions previously, may be advisable.

Care must be taken *not* to adopt the means recommended for the treatment of apoplexy—of throwing cold water over the head and face of the patient. It has the tendency to check the violence of the spasms, which are nothing more than the channel through which an over-excited and irregular nervous action exhausts itself, and I have known a case of instantaneous death produced by such a remedy. For the same reason, the practice of holding down the patient, so very common and natural, should be avoided, the only care necessary to be taken being to prevent his injuring himself in his unconscious violence; otherwise, the more free he is left, the sooner the fit will be over. It is

advisable, however, to take the precaution of inserting some solid substance between the jaws, so as to prevent the teeth closing on the tongue, which is sometimes frightfully bitten during the convulsions. This operation requires delicacy, as it is possible, from some irregular contortion, the head may be suddenly turned round, and the fingers of the operator enclosed in place of the substance in his hand, a by no means enviable position.

For some hours before the attack the patient should never be left alone. Such persons enjoy the most extraordinary oblivion of the sufferings connected with their illness, and do not seem to look upon themselves as situated differently from other people. Consequently, they place themselves in most dangerous positions, from many of which they perish, being frequently burned in the fire, thrown over rocks or precipices, or crushed beneath heavy burdens. The usually regular periods for the return of these illnesses will enable the friends to calculate pretty closely on the time for the patient to be seized, and thus prevent the accidents which, from carelessness, so frequently occur.

Night Blindness.

This affection is so very common among Malabar Coolies that it requires particular attention, and being a nervous disease may be well placed here.

The chief cause of this affection is exposure to the glare of a bright sun, consequently occurring most frequently among such as are engaged in store work about a white barbecue, which reflects the rays of the sun with intense power; but it may take place, also, among Coolies in road or even field work, where a predisposition to nervous irritability exists.

Symptoms.

Its approach is gradual, and "master" is seldom made acquainted with it until the disease is a confirmed one, either in one or both eyes. The patient complains that, about sunset, he loses his power of seeing distinctly, and shortly after loses it altogether, but that it returns with the sunrise, and continues pretty good until sunset again. He does not complain of headache or any constitutional derangement, and does his work during the day equally well with the other Coolies. Upon enquiry, however, he will tell you that his bowels are irregular; that he feels restless and unhappy at night, and dreams a good deal, and is very nervous and easily frightened; his appetite is not as good as it used to be; he drinks a quantity of cold water; all of which indicate a disturbed state of the nervous system, directed by peculiar circumstances to the nerves of vision.

Treatment.

The first step to be taken in the management of these cases is to remove the patient from exposure to any very great glare while at work, or to stop his work altogether for a while. By this means his eyes obtain repose, the most essential part of the treatment. His general health should be then looked to, and for restoring it I have not found any medicine to succeed better than the following pills:

Blue Pill ..	..	..	1 grain
Sulphate of Iron	..	..	2 grains
Quinine ..	..	..	2 grains
Extract of Colocynth	..	..	1 grain

To be made into two pills, with a little crumb of bread or flour and mucilage of gum arabic; to be repeated every night for a week or ten days, and after an interval of about a week to be renewed until the patient is cured.

A blister or mustard plaster to the back of the neck, or behind the ears occasionally, will be a considerable help. I have benefited several cases of Night Blindness by passing a current of electro-magnetism across the eyes, repeating the operation every day for a month for five or six minutes at a time.

This may conclude the history and treatment of cerebral and nervous affections, as others, such as St. Vitus's Dance, Catalepsy, &c., &c., are too rare and too abtruse in their nature to require notice in such a brief outline of diseases as is required for the use of persons in the jungle.

DISEASES OF THE CHEST.

This class of diseases prevails nearly to the same extent among Malabar Coolies as it does among Europeans. The following are those which we meet with most frequently, and consequently are most deserving of attention, classed according to their frequency:—

Hard Dry Cough of Fever, without Expectoration
Bronchitis or Cough, with Fever and Expectoration
Consumption
Pneumonia, or Inflammation of the Lungs
Asthma
Hooping Cough
Diseases of the Heart

Cough. This affection is altogether a nervous one, and is not at any time present except as an accompaniment of Fever, mostly of the intermittent type, increasing with the return of the paroxysm,

Symptoms. but never wholly leaving the patient. The cough is hard and dry, accompanied with considerable pain in the chest along the course of the breast bone, and *very often in the stomach also*, with severe headache, and a sensation as if the head would burst when the Cough comes on, and with the usual symptoms of Fever.

It is not dangerous, unless there exist some predisposition to constitutional disease, and is easily cured. The following remedies are the most efficacious:—

Treatment.

Ipecacuanha Powder	..	..	½ grain
Carbonate of Soda	..	..	5 grains
Quinine ..	..	..	2 grains

To be made into one powder, and repeated every four hours; or

Quinine	..	..	1 scruple
Ipecacuanha Wine	..	..	3 drachms
Laudanum	..	..	½ drachm
Lime Juice	..	..	2½ ounces
Water	..	..	As much as will

help to fill a quart bottle; a wine-glassful to be given three times a-day, until the patient is perfectly well.

Bronchitis. This affection is not more dangerous, but is more distressing than the former in the *tearing* sensation, produced by the Cough *all over the chest*, to which the pain is entirely confined. It may or may not be dependant on an attack of Fever, but a feverish state of the system is always present. Expectoration, which is not a symptom of the former, is difficult to be obtained, and when succeeded in is not by any means abundant; is thick and tenacious, and sometimes streaked with blood, while the whole chest, on the cessation of the cough, feels as if it were raw. Headache also accompanies this cough, but not as severe as in the former case. In both constipation is usually present, and considerably aggravates the symptoms. The tongue is coated with a white fur; there is a bitterish taste in the mouth, and all appetite is gone.

Symptoms.

Treatment. After securing a free operation of the bowels by means of epsom salts, castor oil, or Gregory's powder, the treatment does not materially differ from that used in the previous form. A blister should be applied to the chest—in milder cases a mustard plaster will do—and should the tongue be very foul, an emetic, such as is mentioned under the head of *Fever*, will give great relief, and will prepare the patient for the better effect of the following:—

Tincture of Henbane	..	..	1 ounce
Laudanum	..	..	1 drachm
Spirits of Hartshorn	..	..	2 drachms
Water	..	..	1 quart bottlefull

after first putting in the other medicine. To be *well shaken*, and given a table-spoonful every third hour.

The following pills should also be given at night:

Ipecacuanha	..	..	1 grain
Quinine	..	..	3 grains
Blue Pill	..	..	1 grain

Made into two pills with some crumbs of bread and a little gum water, and taken before going to rest for the night.

Coolies readily enough seek for medical relief in these cases, because, although there is no actual danger, there is a great deal of suffering, and they have confidence in the European treatment of several kinds of illness, this being one of them. Care must be taken not to be deceived by their representations of these cases, especially when they say that they have no fever. Fever is *always* present, and unless the attack be treated with a reference to its existence a cure cannot be obtained.

Consumption. This disease is more prevalent than is generally supposed among Malabar Coolies. It is mistaken for Dysentery on most

occasions; sometimes for long-continued Remittent Fever; now and then for Dyspepsia; and only too frequently for Malingering.

Symptoms. It can be distinguished from them all by its own peculiarities, which, although bearing a resemblance to each, are, in point of fact, independent of them all.

When a patient complains of fever, pains in all his bones, extreme languor, cough with expectoration, increasing emaciation, irritability of the bowels, aggravation of the symptoms at night and perspiration, especially at night, his master's suspicions may well be awakened, and medical advice should be procured as soon as possible; but it rarely happens that the disease shows itself so distinctly, and the stethoscope alone can detect it. It is thus that Consumption, under the garb of Fever, is allowed to creep on from day to day, acquiring strength unobserved, until the superintendent, finding that the "Fever" baffles his skill completely, seeks for professional advice. By that time the irritability of the bowels will have grown into Dysentery; the pulse range from 115 to 120; the tongue will be bright red, *glazed*, and dry; the eyes piercingly bright; the appetite very capricious; emaciation extreme; the respiration *unceasingly rapid;* and the cough, which is very frequent, both violent and painful, followed by great oppression. At this time the hands and feet begin to swell; the debility is so great that the patient cannot rise without help; his faculties become obscured, and he dies in the generality of cases very tranquilly.

Distinguishing symptoms. The distinguishing features of Consumption are the following: *In Fever*, the pulse, although frequently rapid, *is not always so, or always equally so. In Consumption* it rarely alters from the beat natural to it at the peculiar stage of the disease, be that 90, 100, or 120.

From Fever. *In Fever* the cough is either without any expectoration, or if expectoration does exist, it is generally frothy, white, and brought up with much difficulty; and the pain of the chest is in the former case confined to the sternum or breast bone; in the latter it is diffused all over the chest, or confined to no one spot. *In Consumption* the cough is *always* attended with expectoration, of a thickish yellow appearance, and brought up with comparative ease, sometimes accompanied with blood. The pain of the chest is either confined to the spaces under the collar bone, under the blade bone, or in the side, and is always increased by the cough.

From Dysentery. The symptoms which resemble Dysentery come on only at the latter stage of Consumption, and cannot well be characterized as such. The motions, although containing a considerable quantity of mucus, sometimes streaked with blood, are every now and then perfectly natural, and are always passed without pain, and very little, if any, straining, and the irritability of the bowels is easily relieved. By reference to the notes on Dysentery the differences shall be at once perceived.

From Dyspepsia. *In Dyspepsia the tongue is foul, frequently coated, with a sense of nausea, often increasing to vomiting, with a dull heavy pain at the pit of the stomach, and a desire to hawk or spit up something sticking in*

the throat, sometimes with, sometimes without a cough. The bowels are irregular, but usually constipated, and it is unaccompanied with Fever. A comparison of these symptoms with those given above will serve to assist the planter in detecting the existence of Consumption apart from Dyspepsia. It sometimes, not often, happens that they exist together, but this is in the earlier stages, and must be referred to a medical opinion.

Treatment. The management of Consumption must be of necessity confined to the "soothing system" (as it is called), that is, to supporting the strength, alleviating the severity of the cough, and relieving the irritation in the bowels. For this purpose the following remedies shall be found most available :—

FOR A COUGH MIXTURE.

Lime Juice	2 ounces
Laudanum	½ drachm
Tincture of Henbane	½ ounce
Gum Water	1 quart bottleful
Sugar	1 ounce

To be shaken well together, and a table-spoonful to be taken every two hours; or a tea-spoonful when the cough is troublesome.

FOR A TONIC.

Quinine	2 grains
Ipecacuanha	1 grain
Carbonate of Soda	10 grains

To be made up into a powder, and given at night.

When there is much restlessness and suffering, with want of sleep, the following draught will afford considerable ease :—

Sulphuric Ether, or Chloroform ..	20 drops
Prussic Acid	2 drops
Laudanum	25 drops
Camphor	5 grains
Gum Water	2 ounces
Sugar	½ ounce

Beat up the camphor and sugar well together in a mortar; add, by degrees, the ether, laudanum, and prussic acid, stirring them rapidly all the time; throw in the gum water, and let the whole be taken as a draught as fast as possible. It should be taken about three or four hours before midnight; and as Malabar Coolies are not much inconvenienced by the noise and talking around them, there is not the same necessity for the precautions usually taken with Europeans for ensuring rest.

When there is much irritation of the bowels, which usually comes on in the latter stages, the following mixture will give much relief :—

Prepared Chalk	20 grains
Powder of Colomba	10 grains
Laudanum	15 drops

Mucilage (or Gum Water)	..	2 ounces
Carbonate of Soda ..	..	10 grains

Mix together and give as a draught night and morning.

Pneumonia. Inflammation of the substance of the lungs is not, among Malabar Coolies, frequent as an uncomplicated disease. It is mostly an accessory to fevers of the remittent and the continued type (see Fever). It does, however, on occasions, attack Coolies exposed to severe heat and cold, or to violent exertion on steep places, or to an injury of the side caused by a heavy blow, or a fall from a height; but this form is not so dangerous as when combined with fever, and may be managed by the planter with tolerable safety.

Symptoms. *The symptoms which denote its presence are a severe pain in either side, at first low down, i.e., on a level with the pit of the stomach, and extending backwards towards the spine. It gradually increases,* by ascending, *until it occupies two-thirds of the side. It is accompanied with great oppression, cough, and a thick, ropy expectoration of an iron rust colour, or tinged with blood, which gives no relief when thrown off, and which is done with difficulty and great pain. The pulse is quick, the skin hot, tongue foul, severe headache, suffused bloodshot eyes, and extreme restlessness. The patient sits up with his arms round his knees (which are bent up), and his head resting on them. His whole attitude is that of one in deep suffering, and totally absorbed by his own trouble, and he cannot be easily induced even to reply to questions put to him, no matter how kindly. Should the planter have any remaining doubts as to the nature of the disease, let him put his ear against the patient's back when he complains of the pain, and he will hear, with each inspiration, a distinct crackling sound, very like the* distant burning of a Patina; *and by following it round to his side he can clearly define the extent of the disease. When the disease is allowed to run its own course, these symptoms are followed by delirium and death.*

Treatment. The only period in which the treatment of the planter can be of use is in the very early stage. He must at once ascertain that the patient's bowels are quite free, and if not, give a dose of salts without delay. He should at the same time put on a strong blister, large enough to cover the part where the pain is situated. If his bowels are relaxed, and that his tongue is foul, he should give an emetic immediately, and having applied the blister make up the following medicines:—

Tartar Emetic ..	..	12 grains
Quinine	..	½ drachm
Laudanum	..	30 drops
Acetated Water of Ammonia	..	6 ounces
Water	..	6 ounces

Mix together and give a table-spoonful every two hours, lessening the frequency according to the patient's improvement. Also:

Calomel	..	1 grain
Ipecacuanha	..	1 grain
*Carbonate of Ammonia..	..	3 grains

*Sal Volatile.

Crumb of Bread moistened with gum-water, as much as will be necessary to make up a pill (never mind its being too large), and let it be given three times a-day until the patient complains of soreness of the gums, when it must be instantly stopped. There is not much danger of salivation in these cases, as the patient will bear a considerable portion of calomel before its action on the salivary glands shows itself.

This is a rare disease among such Coolies as come to Ceylon from the Malabar Coast. During a period of 12 years' constant intercourse with them I can only recall to mind having met with two cases. They are partial to their own treatment, and seldom resort to European practice. It chiefly consists in smoking certain herbs, among which are the leaves of the Datura Stramonium, but I have not perceived that they experienced any peculiar advantage from them. **Asthma.**

Should there be discovered a case among a gang of Coolies, the best plan, if it be a very bad one, is to seek for professional advice, otherwise to leave the patient to his own devices.

Hooping cough is as prevalent among Malabar Coolies as among Europeans, and is equally severe in both instances. It chiefly affects children, and with common attention is not dangerous. It derives its name from the peculiar sound made during the period of *Inspiration* while the paroxysm lasts. It is not perceptible in the commencement of the illness, but becomes more so as it advances, and lasts throughout the remainder of the time the illness continues, generally a period of three months. **Hooping Cough.**

At first the cough does not appear, to an inexperienced person, different from that produced by a common cold, except that it continues longer, and produces a sensation of nausea, and a tendency to vomit when the paroxysm is over. As the disease progresses, the violence of the cough increases, being made up of a repeated succession of Expirations, *until a person looking on cannot avoid feeling distressed at the sufferings of the child, which grows darker and darker in the face, struggles violently, and is, to all appearance, on the verge of suffocation. This at length ceases, and is followed by a long drawn* Inspiration, *with a whooping sound like the last note of a crowing cock, to which it has often been likened. This is again succeeded by a similar number of expirations as before, and so on, one form of the paroxysm following another until the attack terminates in a fit of vomiting. During this period the poor child catches hold of the first object it can lay its hands on, which it grasps violently, throwing its body partially forward, and stamping with its little feet in the severity of its distress. The paroxysm once over, he begins to play and laugh as if nothing had been the matter with him.* **Symptoms.**

Provided there be no complication in the case, such as Teething, Tendency to Water on the Brain, or Consumption, the treatment is very simple, and consists more in the avoidance of interference than in actual medicines. If the bowels are kept in good order, and the stomach not loaded with improper food, a little soothing cough-mixture will be all that is necessary, such as the following:— **Treatment.**

Tartar Emetic	.. .. ..	1 grain
Tincture of Henbane	.. ..	2 drachms
*Gum Water	.. .. ..	4 ounces
Sugar	.. ..	1 ounce
Spirits of Hartshorn	.. ..	$\frac{1}{2}$ drachm

*Or Flax-seed, Tea or Barley Water.

Shake well up, and give one teaspoonful three times a-day. At night the following powder will be found very useful:—

Ipecacuanha ..	.. .. ..	$\frac{1}{4}$ grain
Quinine	.. ..	$\frac{1}{2}$ grain
Carbonate of Soda ..	.. ..	3 grains

To be made up into a powder, and given with a little sugar.

If the child suffers from the cough with more than ordinary severity, a Belladonna plaster put on the pit of the stomach, or the *one-twentieth of a grain of Belladonna*, given in a little sugar and water at night, will often afford great relief; but in such cases, as well as those where blisters, &c., are required, the help of a medical man should be sought for at once.

Heart Disease. This class of disease is too complicated ever to come within the province of an amateur; and my only reason for introducing them is for the purpose of warning the planters of a circumstance that they may not be at all aware of.

Disease of the Heart is by no means uncommon; and a poor Coolie, while labouring under it, may obtain for himself the character of laziness, while in fact a disease, the nature of which he is perfectly unconscious of, may by its prostrating power incapacitate him, more or less, for the work required of him. I have more than once witnessed severe misgivings on the part of a generous-minded planter, when told that a Coolie whom he had been charging with incorrigible idleness, was altogether physically unable to exert himself through disease of the heart. However careless a Coolie may be—and *careless, idle, reckless, theg are to a most provoking degree in their master's work*,—when it comes to anything belonging to themselves it turns out quite a different affair; and a healthy Coolie will prove by his alacrity in his private interests, that his idleness in his master's is a *fault*. But when the contrary is the case, and he who would not work for his master lies or squats languidly on the ground, looking with an uninterested gaze at all around him, and joins not in the laugh or squabble of his fellow Coolies, the planter may well look to that man; for the chances are that he is suffering from internal disease, most probably disease of the heart.

If on examination the heart is found to beat strongly against the side; that, the points of the fingers being gently pressed between the ribs where the heart is beating, a sort of vibrating motion is felt; and when the ear is placed flat on the chest, a sound like the blowing of a bellows is heard, then the planter should hand the patient over to a medical man with as little delay as possible. It does not always follow, however, that these symptoms, suspicious as they are, are the result of *organic* disease; they are frequently the symptoms of *functional* disorders,

that is, simple derangement of the proper action of the heart, produced by excessive indulgence in Venery or Masturbation, an indulgence to which the Malabar Coolies are exceedingly given; prostitution of every kind, male or female, being held in anything but abhorrence by them.

The accessories to Disease of the Heart, such as Aneurisms, or morbid enlargements of the large vessels connected with the circulation in the chest, should be placed under the same category. They are all beyond the cognisance of the unlearned in medical science, and are only to be alluded to as being capable of producing similar effects with these already referred to.

ABDOMINAL ORGANIC DISEASES.

Inflammation of the Liver, which proceeds to what is technically called Suppuration, that is the formation of an abscess, if it exists at all among Malabar Coolies, is so rare a disease, that in a period of twelve years' constant experience among them, I have never witnessed one case. This must be, to a great extent, attributable to their usually abstemious habits; yet the use of ardent spirits is very general among all but those of high caste. Still, however given they may be to intoxication, spirits do not act upon their livers as upon those of Europeans, or predispose them to similar affections of that organ. **Liver.**

This form of Hepatic derangement is not at all infrequent, arising from irritation of the intestine, into which the duct opens which conveys the bile from the gall bladder into the bowels. **Congestion of the Liver.**

It shows itself in the following symptoms: a sense of fullness and pain in the right side; prominence of the pit of the stomach, with pain on pressure; nausea; an irregular form of diarrhœa, with pale or whitish stools; great restlessness, and fever of the remittent form. The eyes are yellowish; the tongue foul; pulse full, soft, and quick; skin soft and hot; urine high-coloured. **Symptoms.**

As the Malabars entertain a great dislike to leeches, it is not always possible to apply them; but when it can be done the application of six or eight, a little to the right side of the pit of the stomach, and below the ribs, is followed by the speediest relief. When that cannot be done, a blister over the same spot will be very useful. The following powders should be given also at the same time:— **Treatment.**

Mercurial Chalk	..	..	3 grains
Carbonate of Soda	..	..	10 grains
Colomba Powder	..	..	10 grains
Quinine ..	..	..	2 grains

Mixed and made up into one powder, to be repeated three times a day. It should be thrown on the tongue and washed down with some water. The patient should be allowed to drink freely of lime-juice and water; and the remedies should be continued until the stools begin to acquire a natural colour and consistence, when the *Mercurial Chalk* had better be omitted.

Irritation. This indisposition follows intoxication, too stimulating food, or great exposure to the sun; and is the consequence of an excited or over-active condition of the liver, where a superabundance of bile is secreted; and by its action on the mucous membrane of the bowels causes no inconsiderable derangement.

Symptoms. *It is accompanied with considerable fever; great nausea; often severe vomiting of green or yellow stuff, having an intensely bitter taste; cramps, or a dull heavy pain in the stomach; violent purging with severe griping pains, and a sensation of great heat, sometimes scalding, at the fundament while at stool. Not infrequently there are cramps in the limbs, and a sense of extreme prostration, which induces the belief in many persons that it must be cholera: but the pain in the stomach which often* "doubles up" *the patient is no symptom of that disease. while it is* characteristic *of the present one. The tongue is coated with a cream-coloured or brownish fur; there is a constant bitter taste in the mouth; and the greatest disgust felt at the bare idea of food; the pulse is small and very rapid; the eyes are either flushed or have a yellowish hue; and there is a throbbing pain across the temples which is almost intolerable in some cases. The skin is not always proportionably hot with the amount of fever which is always present, the pulse often ranging as high as* 120.

Treatment. *Note—Vide Fever, p. 13.

The first remedy in this form of hepatic disorder is an active emetic.* *The previovs vomiting should not be any objection.* It is an imperfect effort of nature to accomplish what she cannot succeed in effecting; and by those efforts indicates what should be done. No sooner has an active emetic produced its due effect than the headache diminishes, the vomiting ceases, and the Diarrhœa subsides, and the whole system becomes amenable to the influence of medicine. As soon as the action of the emetic has ceased, the following powders should be given:—

Dover's Powder	3 grains
Carbonate of Soda	10 grains
Rhubarb	10 grains
Colomba	10 grains

To be made into a powder and repeated every fourth hour until the system is relieved, when about 2 grains of quinine may be added, and the powders repeated three times a-day.

In some cases a dose of 10 to 20 grains of calomel will be of marked service after the emetic has ceased to act. But this requires more discrimination than amateurs are supposed to possess, therefore, the advice of a medical man is necessary before administering it. A dose of castor oil at the close of the illness is usually of advantage. Great care should be taken to prevent Coolies from bathing too soon after an attack of either of these forms of hepatic disease, as it is very liable to produce a most serious relapse.

Spleen. Chronic enlargement of the spleen is a very rarè disease among Malabar Coolies, I have only met with some cases of it, and as they preferred going back to India to submitting to European treatment, I had no opportunity of judging how far it

would prove beneficial. Neither do I consider that a discussion on the subject would be of any material advantage to the planters. It is a disease of so indolent a nature and requiring such a long period of treatment, that the best plan for them to adopt is to encourage their return to their own country or to send them to an hospital.

There is another and a very formidable affection of the spleen that deserves attention, more from its frequency and from the unhappy consequences dependant on it than from any hopes of curing it. "*Softening of the Spleen,*" terminating suddenly in rupture and death from hæmorrhage, is to be found among Malabar Coolies to an extraordinary extent. It does not manifest itself by any marked condition of the system, and is scarcely ever suspected until the patient suddenly dies. It must be apparent, therefore, how dangerous a thing it is to strike a Coolie in the region of the stomach, or to risk his being iujured by a sudden fall. The latent cause of death may be lurking there until called into action by a force that never contemplated the result. The treatment of a condition of any organ that has advanced so far as softening is a hopeless affair; and to get access to a patient affected with a degenerating state of the spleen, before it has gone too far, is equally so.

Kidneys. This is also a rare disease among Coolies, and when it does exist and is taken in time is not difficult for a medical man to cure. But, as it is a disease which requires scientific professional knowledge, the planter would be likely to do more harm than good by any general mode of treatment which I could suggest in a work of this kind, intended so exclusively for unprofessional men.

Bladder. The only cases of disease of this organ, that I have seen among Malabar Coolies, have been those depending on venereal disease (chiefly gonorrhæal) which had been previously subjected to improper treatment in the hands of native doctors. The sudden suppression of gonorrhæal discharge produces many serious illnesses; and, among the rest, occasionally, inflammation of the internal coats of the bladder, with spasmodic stricture, bloody urine, intense pain in the region of the bladder and in passing water; at times, retention of urine and many equally distressing concomitant symptoms. As it is possible that such a case may, at some time or other, fall into the planter's hands, it is advisable that he should be told the best remedies to use until he can procure medical help.

Remedies. The first thing to be done is to make the patient sit in a tub of water, *as hot as he can bear it*, and remain in it until he can pass his water whether with or without pain. When that has been accomplished, ten or twelve leeches should be applied to the part behind the scrotum, and in front of the anus, termed, in professional language, the "*perinœum.*" If the hot water alone does not enable the patient to pass his urine, placing him sitting in *warm* water, *with the leeches applied*, will very often succeed; or, if not successful immediately, it will prove so after a little repose.

At the same time, the patient may be allowed to drink barley water, flax-seed tea, or oatmeal tea; lime juice and water; while a mild aperient, such as Gregory's powder or castor oil, should be given if the bowels have not been relieved. But, should the attack be attended with irritation of the lower intestine, straining, &c., an injection of about 30 or 40 drops of laudanum in a table-spoonful of arrowroot or sago congè will be necessary. All stimulants, whether medicinal or otherwise, should be avoided with the greatest care. *Nitre* (saltpetre), a remedy too freely administered by inexperienced persons, would prove most seriously prejudicial, and should therefore never be thought of. For the same reason, *capivi* should be avoided; but should there be either *buchu* or *uva ursi* in the bungalow they may be given in the *form of infusion*,* in doses of a wine-glassful, three times a-day.

* NOTE. Take one oz. of the leaves to one quart of *boiling* water. Infuse for two hours and strain for use.

Uterus.

Uterine diseases are of a class so completely out of the province of any but an experienced medical practitioner, that nothing need be said on the subject here, beyond observing, that in cases of uterine inflammation, the symptoms are nearly analagous with those last described, and, of course, the remedies are the same. Acute uterine affections, however, are so rare, that in every case, the above alone excepted, there will be ample time for procuring medical advice.

Testicles.

It occasionally happens, that a horse-keeper after a long journey, or a Coolie after carrying a heavy load up a steep path, will complain of swelled testicle, which is at the same time hot and painful to the touch. In most of those cases, enquiry will discover the existence either of present or recent venereal disease. But such is not always the case; and when uncomplicated with another affection it is easily cured. An active emetic should be immediately given; a lotion of 1 drachm of sugar of lead to 1 quart-bottle of water, kept constantly applied with cloths steeped in it, while the patient is kept lying on his back; with a purgative, if the bowels are confined; or an injection of 40 drops of laudanum if they are inclined to be irritable will secure recovery in the course of two or three days. Frequently fever attends such cases, and, then, a dose of 3 grains of quinine at night will be necessary. Should the testicle remain hard and swollen after the pain has gone, it would be well to give a few grains of calomel, gradually, viz.:—1 every night, after which the enlargement will gradually disappear. It will be necessary for the patient to wear a suspensory bandage for some time.

GENERAL DISEASES.

Ophthalmia.

Inflammation of the eye, whether affecting the ball itself or merely the lining membrane of the lids, appears occasionally among Malabar Coolies, although by no means to the extent that might be expected among such large numbers as frequent the estates. When it appears in its simple form it is easily cured by keeping the eye (for it rarely attacks both at the same time) covered with a cloth steeped in a solution of sugar of lead

and water—1 drachm to the pint—and giving a purgative of Epsom salts. Should these means not prove sufficiently effective, the following remedies may be employed until medical assistance is procurable:—

*Sulphate of Zinc	..	..	3 grains
Water ..	..	..	1 ounce

*White Vitriol.

Shake well together until it be well dissolved, and let 3 or 4 drops be put into the eye 3 or 4 times a-day.

Calomel ..	..	..	..	1 grain
Dover's Powder..		..	..	6 grains
Quinine ..	..	..	..	8 grains

To be well mixed together and divided into 4 powders; one to be given 3 times a day until the eye is cured. The lotion to be kept constantly applied as before.

Ophthalmia is found often connected with a scrofulous state of the system, and equally so with venereal disease, in either of which cases it is too formidable a disease for a non-professional person to deal with, as its progress to destruction is rapid and certain, unless arrested by scientific means. When, therefore, the disease does not yield readily to the treatment above mentioned, no time should be lost in obtaining the necessary assistance.

Ear-ache. There are few affections, which, for its apparent insignificance, is productive of more intense agony than inflammation of the auditory passage. Its extensive nervous connexion and the unyielding nature of the seat of the inflammation are the cause of this; the pain not being confined to the ear alone, but extending itself to the entire side of the face, and occupying the teeth, the eye, and temple at the side affected. Although the affection bears a strong resemblance to one of inflammation, such a condition is much to be doubted, inasmuch as the remedies employed for allaying inflammation totally fail in relieving the pain. The application of leeches, blisters, counter-irritation, &c., is a mere loss of time. I have tried them, both with Europeans and natives, and universally with the same result. As, however, this is not a place for theoretical but for practical comments, I shall not enter into my views of its real nature, but merely give the form for such remedies as afford the most speedy relief. Dry heat applied by means of hot salt put into a worsted sock will help to afford great relief. But in addition to that or any other external application, such as the Malabars use, as fomentation with the leaves of the Datura Stramonium, &c., the best is the introduction into the ear passage of powerful sedatives, of which the following has proved to me the most speedily successful:—

Prussic Acid ..	..	..	1 drachm
Laudanum ..	..	..	3 drachms
Liquor Potassæ	..	..	10 drops
Sweet Oil ..	..	..	½ ounce

Shake well up together until the mixture assumes a cream-like

appearance; then, making the patient lie down on the *unaffected* side, pour carefully into the ear passage *as much as will fill it up:* place a small piece of cotton lightly over the opening, and make the patient remain in that position as long as he can do so. After a short time, the pain will become in some measure deadened, and, most probably, the patient will obtain some sleep and awake considerably relieved. This remedy may be safely repeated twice or three times a-day. Internal medicines should also be administered, as there is always some constitutional disturbance present:—

Quinine	.. .. ..	3 grains
James's Powder	.. ..	2 grains
Carbonate of Soda	.. ..	10 grains

Night and Morning during illness.

In many cases I have used pure laudanum, when I could not procure the others, with excellent effect. There is no need for the apprehension of bad consequences, that many persons entertain. Out of the numerous cases in which I have employed it, I never witnessed the least approach to unpleasant symptoms, but quite the reverse.

Rheumatism.

Malabar Coolies are very subject to Rheumatic affections in every shape; and it cannot be wondered at, when we consider the recklessness with which they expose themselves, or are exposed to cold, wet, currents of cold air, and their light, very often damp clothing in which they sleep. To that form of acute Rheumatism, which is either dependent on or accompanied by Fever, allusion has already been made under the head of "Fever," so that these remarks chiefly refer to the more chronic and local kind.

Symptoms.

It is a very common case for a Coolie to complain of pains in the large joints, shoulders, elbows, knees, and ancles, sometimes extending to the muscles of the corresponding limbs, even at the same time that they are out at work. Frequently, however, they are unable to work, and are, even sometimes quite bed-ridden. In those cases, although pressure produces pain, no sensation of heat is perceptible, nor is the part swollen. The pain increases at night, but is relieved by warmth and gentle friction. Unless, however, it has been of long continuance, this form of Rheumatism generally yields to the following treatment in the course of a week or ten days:—

Solution of Arsenic	..	5 drops.
Colchicum Wine	..	15 drops.
Liquor Potassæ	..	10 drops.
Water ..	..	1 wine-glassful, mix.

To be repeated night and morning, until the pains cease.

Turpentine	.. .. ..	1 ounce
Liquor Potassæ	.. ..	1 drachm
Laudanum	.. .. ..	2 drachms
*Sweet Oil	.. .. ..	1 ounce

*Cocoa-nut Oil is equally good.

Shake up together, and let it be well rubbed into the painful parts several times a-day.

In the form of Rheumatism, termed *Lumbago*, or that which attacks the small of the back, the most effectual local remedy is a good blister, at the same time giving the internal medicines above mentioned. Should there be any reason, however, from the appearance of urine, *i.e.*, should it be either high coloured, or hot and painful when passed, to suspect any affection of the kidneys, a blister would not be safe, neither would the liniment above mentioned, or the internal medicines. A large mustard plaster; fomentations with the leaves of the Datura Stramonium; or even the application of laudanum alone, are the best local means, administering at the same time (being careful that the bowels are not confined) the following:— **Lumbago.**

Carbonate of Soda	..	..	10 grains
Quinine ..	..	..	3 grains
Dover's Powder	..	..	3 grains

Made into a powder and repeated three times a-day, until the pains cease.

Copious draughts of lime juice and water are not only safe but useful in these forms of Rheumatism, and will be readily taken by the Coolies themselves.

The form which is termed "Crick in the Neck," is less manageable, frequently remaining for weeks. It should not be treated as a local complaint, being, in most cases, connected with a deranged state of the digestive organs; and, occuring as it does so frequently in children with worms. I have, therefore, usually found it to yield to constitutional remedies with most readiness. When it occurs in a grown up person, the following doses may be given:— **"Crick in the Neck."**

Mercurial Chalk	..	..	2 grains
Carbonate of Soda	..	..	6 grains
Quinine ..	..	..	2 grains
Colomba Powder	..	..	6 grains

Made into a powder and repeated three times a-day, until the pain subsides.

Laudanum ..	..	..	2 drachms
Chloroform, or Sweet Spirits of Nitre ..	..	..	2 drachms
Liquor Potassæ	..	..	1 drachm
Sweet Oil ..	..	..	7 drachms

Shake up well, until it becomes thick like cream, and apply a piece of flannel, well soaked in it, to the painful part, being careful to cover it well to prevent evaporation; when the flannel is dry it should be renewed. Before renewing its application, it would be well always to wash the part with soap and water, and have it well rubbed dry with a towel.

A still more difficult attack to manage, one usually arranged under the head of Rheumatism, is what is known by the name of **Sciatica.**

Sciatica, a very painful affection of the great nerve which comes out near the hip joint, and runs down the back of the thigh and leg. Although resembling Rheumatism in its different stages, it can be scarcely called rheumatic, being an affection of the nerve itself, and has received various modes of treatment at various hands.

Among Coolies, with whom it not infrequently prevails, the best remedy is repeated blistering, with the same internal treatment that has been recommended for Lumbago. In fact, they are both very often connected with affections of the kidneys, and must be treated as secondary affections, which a medical man alone can identify and manage properly.

Venereal.

The great depravity the *utter want* of morality in respect to sexual intercourse, renders this disease the most prevalent among Malabar Coolies, as well as the most annoying to the superintendents, that requires our attention. One diseased female will be sufficient to infect a whole gang. It matters little or nothing whether she be married or unmarried; whether it be known that she has Venereal disease or not; she will find abundance of lovers among her gang, to whom she contributes her *favours* in the form of gonorrhæa or chancre, until the disease has become so aggravated that she is compelled, from sheer suffering, to abstain from licentiousness, and seek for medical assistance. One great cause of the indifference of Malabar Coolies to this disease is the facility with which it is cured. And if much greater suffering, as well as disgrace attending an attack of the kind among Europeans, are not enough to deter them from the risk of infection, among whom, moreover, the difficulties of treatment are 100 per cent. increased, we can hardly feel surprised at their not being sufficient (for moral principle must be set aside as regards each) from risking a comparatively temporary inconvenience for a gratification as influential in its power with the one as with the other.

Treatment.

The treatment of Venereal disease in its early stage, among Coolies, is very simple, whatever be the form in which it shows itself. The following is that which I have pursued with the most general success:—

Calomel	6 grains
Dover's Powder	12 grains
Quinine	12 grains
Carbonate of Soda	½ drachm

Mix well together, and divide into twelve powders; one to be given night and morning until the mouth is slightly sore.

Calomel	1 drachm
Chunam Water	1 quart-bottle

Chancre.

Shake up until it becomes black, and use as a local application; in cases of chancre, applied by means of a wet cloth; in cases of gonorrhæa, by the use of a syringe.

The object of using the mercury in such small doses is to secure its gradual entrance into the system without salivating the patient; an effect to be avoided as much as possible. Under

this treatment the disease seldom resists for a term longer than ten or fourteen days. Some patients are so susceptible of the influence of mercury that no precaution can prevent its affecting them sooner than is desirable. But, although this is an unpleasant result, it by no means prevents, though it may retard, the beneficial action of the medicine. As soon as the period of salivation has passed away the disease shall be found to have nearly disappeared also; the patient only requiring some mild aperients and tonics to restore him to perfect health.

No surprise, however, need be felt by his master, if, in a very short time, the same patient returns nearly as bad if not worse than before; complaining, with well-feigned indignation, that, after all he has gone through, he should still be in such a bad state. They who know Malabar Coolies can easily understand the man's well-feigned humbug. But the fact is, that he was no sooner cured, than, undeterred by past experience, like many of his betters, he returns to his evil courses. This he will deny as long as he can stand; and he will swear more oaths than would choke an honest man, that he was as virtuous as Diana herself; but, with a master who knows him well, this neither would or should be of any avail. The best plan is to send him *forthwith* to the hospital. As long as a woman who is infected is allowed to remain there is no chance of permanent success. She will succeed in communicating the disease to the same persons again and again; and until she is placed under treatment and restraint, or dismissed from the estate, there will be no peace.

The affection termed "Secondaries," being a disease arising out of although not purely a Venereal one, shows itself much under the same forms as with Europeans, that is, in cutaneous eruptions and superficial ulcerations, chiefly attacking the scrotum and anus in the male and the labia and anus in the female, with or without the sore throat so peculiar to it. It is a form which more particularly belongs to the profession; but, as it is rather a chronic disease, and, in simple cases, cured with comparative ease, I shall give the form of medicine that it is most advisable to be used in such cases; the prescription should be sent to the apothecary's as it will require care in its manipulation:—

Bin Iodide of Mercury	1 grain
Dover's Powder	½ drachm
Aromatic Confection	As much as

may be required to make into 36 pills; one to be taken three times a day until finished.

Iodide of Potassium	½ drachm
Concentrated Extract of Sarsaparilla ..	2 ounces
Water	16 ounces

To be well shaken up, and a wine-glassful to be taken with each pill.

Care should be taken to prevent the patient's bathing; and to secure his bowels being in a healthy state.

In such cases as these, where the disease has attacked the bones, the eyes, or the windpipe, not a moment should be lost in procuring medical advice, as the progress of the disease is rapid, and in the highest degree dangerous.

Cholera. In entering upon the treatment of this disease were I to say that I know little or nothing about it, however unsatisfactory it would be, I believe that I would be only speaking the *feelings* of the majority of my medical brethren, and well nigh the truth for myself. I have tried every system proposed, and have found them to fail most egregiously, especially where the disease had established itself in a locality with any severity. My personal views of the nature of the disease differs from what I have read or heard as yet from others; but this is no place for a theoretical discussion, which must be reserved for other times, if I am spared to bring those views to maturity. In the meantime I shall allude to the only two remedies that I have ever had reason to place any practical reliance on. In cases where I have tried them separately I have succeeded as far as I had reason to expect; when tried together I have signally failed, for reasons which I have since satisfactorily explained to myself. They are each very simple, and each act on the same principles. The first is as follows: –

Take of Ground Black Pepper	..	1 ounce
Boiling Water ..	..	1 quart

Boil it down to three half-pints; strain, and give a table-spoonful every fifteen minutes.

It will be found after a few doses that the vomiting ceases, the diarrhœa gradually subsides, warmth returns to the limbs, extending itself gradually towards the extremities, and the patient falls into a sleep, from which he awakes relieved from the urgent symptoms. But, the anxiety should not, as neither does the danger end here. In all violent disturbances of the system, after the first severity of the symptoms have been subdued, a reaction as violent succeeds, with a "determination" of constitutional disturbance to some one of the great organs of the body; and in cholera that determination is to the brain; so that the doctor need not be surprised, after a few hours, to find the patient become dull and stupid, inclined to sleep, afterwards comatose, and in a few hours see him quietly die.

Now, as an infusion of pepper sufficiently strong to act with any effect, is a powerful stimulant, and retains its action for a considerable period, it becomes a pernicious agent to that period when the reaction commences. This has been a great difficulty with all stimulants retaining a permanent action in the treatment of cholera, while what are called "diffusible stimuli," whose action is only transient, fail in possessing power enough to produce any really good effect. By watching very closely some cases, and regulating the dose according to the urgency of the symptoms, I have succeeded; but in those where the administration of the medicine was left to other hands, it, as I said

before, signally failed. To carry out a correct mode of administering the medicine is as much in the power of an unprofessional person of common sense, as it is in that of the most skilful practitioner; so that with the best wishes for success, I must leave the matter thus far in the planter's hands. The first time I heard of this remedy it was from *Mr. Newman, Junr.*, who then lived at Oodawella estate, and who told me that "he *never* lost a Coolie with Cholera!" If he could cure them with so simple a remedy so should others. In the next means, however, I confess that I have greater confidence, both from practical experience, and from the views I entertain of the nature of the disease. It is the application of the plant called "*the Maoussa*,"* or *stinging nettle*, to the surface of the body, especially along the spine and over the abdomen. Its action is altogether on the nervous system, through the medium of the skin, and can in no way assist in producing the apoplectic condition under which so many sink. I first tried it in Ireland, successfully in one or two bad cases, with the *common nettle*, but I had not an opportunity before I left home of confirming my views on the subject. Since then, partly from professional prejudices, partly from want of good opportunities, and, in some degree, from a reprehensible indifference, I neglected to put this remedy to a fair test. Having done so, lately, however, I feel more convinced than ever that it is one of the most efficient means that have yet been tried.

* "Urtica Ardens."

In giving reports however, of successful cases, care should be taken not to represent cases of common or bilious diarrhœa as cholera, merely because there is vomiting and purging, and cramps. I have often been told, both by people themselves, or by others, of their having had "cholera," when a few practical questions satisfied me that such had never been the case. The same story has been told of dysentery times innumerable, when, on enquiry, the case proved to have been one of the sort mentioned under the head of "dysentery," but whose real nature has been explained there.

Any one who has seen Cholera in its true type *can never mistake it; the shrivelled appearance of* the whole body, *the deeply sunken eyes, the purplish colour and cold feel of the skin*, the total absence of all urinary discharge, *the peculiar manner in which the stomach* shoots out *its contents, and the similar mode in which the bowels act, with the* characteristic "*rice watery*" *nature and appearance of the ejections, will at once decide the case. As to cramps, they may or may not exist. The* worst *cases have no cramps, while bilious diarrhœa has them very frequently. There are* no *spasmodic pains in the stomach, but a sensation of heat and pain, with oppression about the region of the heart, denoting and sensibly telling that all the blood in the body is collected, as if for a last effort, around the fountain of life.*

CUTANEOUS DISEASES.

Malabar Itch. This is the only form of Cutaneous Disease that need be attended to. It is not a genuine form of Scabies, being a com-

pound of pustular and vesicular eruption; but it is cured by the same means. Its chief cause is filth, and poverty of food; consequently it almost entirely prevails among low-caste Coolies. There is no necessity to enter into a minute description of a disease so well known to every planter.

As cleanliness is an essential to cure, the Coolie should be made to wash himself with soap and water regularly once a-day before using the following remedies. He must also be made to do the same with his cloth, which is in general a disgustingly filthy object to look at, as there is no chance of preventing the return of the disease as long as it remains impregnated with contagious particles.

Flowers of Sulphur ..	..	1 table-spoonful
Cream of Tartar ..	..	1 do.
Treacle, Honey, or Syrup	..	8 ounces

Stir them up together with a spoon until they are thoroughly mixed, or rather blended, into an uniform mass, then give a dessert-spoonful every night until the patient is cured.

Sulphur ..	..	.. ½ ounce
Cocoa-nut Oil	..	.. 4 ounces

Mix well into a kind of ointment, and let a sufficient quantity be well rubbed in over all the affected parts, and allowed to remain until bathing hour on the following day.

There are several varieties of skin disease to which Malabar Coolies are liable, resembling Leprosy, and if neglected they become permanent, and in some instances formidable diseases. The best remedy for them is *pure Lime Juice* rubbed well on the affected part several times a-day. A few applications produce a marked improvement, and the regular attention to cleanliness continued with this remedy, will, before long, ensure recovery. When the cases are obstinate, the use of a solution of arsenic, 15 drops in some water, *once a day*, will be of great advantage.

Boils.

Considering the apparently trifling nature of these eruptions, there are not many forms of disease productive of more constitutional disturbance than those painful little pustules. The most painful are those called the *Blind* Boils, which do not suppurate kindly, but remain inflamed at the base, with a yellow centre or core, that must come out before any relief is experienced. When these Boils attack particular parts, such as the glands under the arm, those of the breast in a female, and the perinœum (the space between the scrotum and anus), the pain is such as to produce not only severe fever, but sometimes delirium.

When these latter forms take place, they should be attended to from the *very first moment* of their appearance, as nothing can retard them after they have advanced a certain stage; and although the two first situations do not involve danger to the patient, they do involve immense suffering, and the last one both danger and suffering also.

Treatment.

The application of leeches affords decided *temporary* relief: but it is by no means to be relied on for effecting a cure.

Occasionally the swelling subsides under their application; but, more frequently, reaction sets in, and the progress of the disease is more rapid and severe than ever. They are, however, a good help to other remedies.

After the leeches have been removed and made to bleed freely by fomentation with hot infusion of Datura leaves; and, as soon as the bleeding has ceased, a cloth steeped in the following mixture should be kept constantly applied; being at the same time so covered as to prevent evaporation :—

Chloroform; or Sweet Spirits of Nitre,	.. ..	1 ounce
Laudanum ..	.. .. ..	1 ounce
Prussic Acid	.. .. ..	1 drachm

Shake up together, and apply as directed. The mixture should be kept in a glass-stoppered phial, carefully closed.

The above application must be accompanied with internal medicines, of which the best is the following :—

Mercurial Chalk,	.. ..	2 grains
Carbonate of Soda	.. ..	10 grains
Quinine	.. .. ..	4 grains

Made into a powder, and repeated night and morning until the patient is cured.

Where the boil attacks the Perinæum, the above remedies do not succeed as frequently as in the other positions mentioned; they are more certainly beneficial in the cases where the glands in the axilla or arm-pit are engaged; and *rarely fail* in glandular swellings of the breasts In every instance, however, all depends on the treatment being adopted at the earliest period. On no account should an amateur attempt to put a lancet into any of the above-mentioned abscesses, even after they have well suppurated. It shall be left to the skilful and practised hand of the surgeon. When the boils are not situated in any dangerous or peculiarly painful part of the body, such as the head, where the tightly-stretched skin will not admit of expansion, and where, consequently, the torture produced by them is extreme, and only to be relieved by the application spoken for the cure of glandular swellings; the best plan is that for encouraging Suppuration, namely, active poulticing with any of the means enumerated. It has been often said that boils act as a kind of safety-valve to the constitution by which worse evils are prevented. It is by no means unlikely; but they who suffer most from them have often said that they would prefer the risk of recovery from the primary illness to the suffering they undergo.

Numerous remedies have been employed under this impression, that they have their origin in constitutional derangement; but the universal verdict has been against success in any of them.

The only one that has appeared at all satisfactory to me, is the use of the Iodide of Mercury, in very small (*i.e.* ¼ grain) doses per diem, continued until the mouth becomes tender. Although the instances of cure have not been many, still it is

the only remedy that I have ever seen produce good effects; and I therefore very generally employ it. The following is the best form for administering it:—

Iodide of Mercury	.. ..	3 grains
Quinine	.. .. ..	½ drachm
Aromatic Confection	.. ..	As much as may

be necessary to make up 24 pills, of which one should be taken night and morning as long as may be necessary.

Bubo.

Sometimes this form of Inflammation attacks the glands of either groin, with or without any predisposing cause. Should the constitution be affected at the same time by Venereal disease, the patient must be subjected to the treatment alluded to under that head, at the same time that those recommended for Boils in general are employed.

Where the remedies advised do not prove sufficient to arrest the progress of the Inflammation, the mode of treatment must be altered, and means used to encourage Suppuration *as speedily as possible.* For this purpose, poultices of different kinds have been recommended, The leaves of the "Datura Stramonium;" those of the "Jalapa Mirabilis," or "Four o'Clock Flower;" the boiled pulp of the "*Rata Laba,*" or *Red Pumpkin;* Boiled Koolloo; have been strongly spoken of. I have tried them all, and have found the two last alone effectual in hastening on Suppuration; and when combined with crushed Datura leaves, blended with the poultice, considerable relief is experienced. I have frequently cured Bubos by passing through them a stream of electro-magnetism.

TETANUS.

Hitherto this disease has been pronounced by every practitioner as incurable, and I have no reason to dispute the opinion. Relief may be given by the use of large opiates, but nothing more.

HYDROPHOBIA.

The same remarks apply to this disease as to Tetanus.

ACCIDENTS.

Bites.

There are so many kinds of animals and insects which inflict severe bites, some capable of producing fatal consequences, that the larger number must be classed under one head, viz., those of insects.

Of Insects.

Malabar Coolies are very much afraid of bites from either animals or insects. But, although they suffer more or less severely from them, they are not so much alarmed at them. Their own remedies are very simple and usually effectual. The leaves of the Tumba Gœta (Singh) first chewed up into a pulp and then mixed with some chunam and applied to the irritated part, very soon affords complete relief. I much doubt that the efficacy is not wholly the property of the chunam; but when a mental impression does good and cannot be productive of evil, I never interfere with innocent prejudices. By this remedy I have

seen the bites of the large spider resembling the Tarantula, the stings of the centipede, scorpion, bee, hornet, &c., &c., speedily relieved, although productive of considerable distress and fever for a time. Of mosquito bites I cannot speak: Malabar Coolies either do not feel them or disregard them; equally so the bites of all minor creatures.

Of Snakes.

Of snake bites they have, and deservedly, a great horror. In many cases the bites of the more formidable kind have proved rapidly fatal, and instances of that kind have come under my own observation, where assistance could not be procured in time. The Cobra de Capello, Tic Polonga (both brown and bright green) besides some minor ones, are the particular dread of Coolies; green Tic Polonga especially, as it is very frequently found coiled round the stem or branches of a coffee bush, into which they may thrust their hand before they can distinguish it from the leaves around it. The Cobra, on the contrary, frequents houses and warm places, lying comfortably concealed in a cumblie, or among dried leaves, or in any particularly snug corner, and strikes out most violently when suddenly disturbed. Providentially it is so arranged that the Cobra de Capello cannot spring; he can strike at a distance equal to his height from the ground, but no further, so that his powers of injury are consequently greatly limited. Frequently the first intimation of his danger is the Coolie's feeling the sudden sharp bite, which almost paralyses him through fear alone. The part begins almost immediately to swell, and the bites to grow dark, which in a black skin frequently makes them difficult to be discovered. A sensation of numbness and dull pain spreads rapidly up the arm; after a period varying in different constitutions from half-an-hour to two hours, difficulty of breathing sets in, followed by delirium and death. Such are the symptoms in extreme cases.

Remedies.

The Malabar Coolie, immediately on finding himself bitten, ties round the limb (if it is on any of his limbs that he has been bitten), *above* the bite, a piece of cord sufficiently tight to stop the circulation in that part and thus prevent the absorption of the poison into the system. The precaution is a very good one and affords much more time for help to arrive. No time should be lost in adopting a very simple and effectual remedy, which is applicable almost for any period within three or four hours after the bite. It consists in pinching up as much of the skin as will include the marks of the snake's teeth, and cutting it out with a scissors, or, if not at hand, with a knife. Strange as it may seem, this operation gives no pain. The parts around the bite appear to have lost their sensibility, and very little or no blood escapes from the wound.

The relief experienced from this operation is almost immediate; and it requires a very short time for the patient to feel sufficiently recovered to go about his usual work.

The plan of burning the part bitten with a red hot iron or a fire stick is equally effectual, but it is very painful, as it effects a larger surface than is engaged in the wound, and leaves behind

a tedious as well as a difficult sore to heal; while the wound made by the former plan heals without any trouble.

Of a Dog.

I have frequently been struck with surprise at the comparative indifference with which Coolies regard bites from a dog to what they do snake bites Yet Hydrophobia is just as frequent in this country as in Europe, comparatively speaking. They simply apply a few chewed leaves with some chunam, and think no more about it. Still this disregard to consequences, *simply because they are not immediate*, should not be allowed to overrule precautionary measures. The means to be used should be in every bungalow, and are equally applicable at any period *before* Hydrophobia appears; and it should be remembered that the bite of a dog, thoroughly irritated, is as dangerous as one from a dog suffering from actual Hydrophobia.

As soon as the patient is brought in, the wound should be well bathed with hot water so as to open the mouths of the teeth marks as much as possible; then some aqua-fortis,* taken up by a thin piece of stick dipped into it, should be applied to the parts bitten. The acid will sink through the holes to the part where the poison lies, decompose and destroy it. If no aqua-fortis is to be had, a strong solution of lunar caustic, say 20 grains to the ounce of water, will answer equally well, at least if applied within a reasonable time. The greater advantage of nitric acid over the caustic solution is that it penetrates more deeply and therefore more effectually: the latter being more superficial in its action. In cases where the wounds have even partially healed it will be sufficiently strong to burn through the recent cicatrices to the seat of the poison and destroy it; but where the wounds have been of a long standing and perfectly healed, the wounded part should be cut out completely. All these remedies, painful enough, are better than the risk of so dreadful a disease as Hydrophobia; AND AS ANY PERIOD PREVIOUSLY TO ITS ACTUAL OUTBREAK IS IN SUFFICIENT TIME, NO EXCUSE IS VALUABLE ON THE GROUND OF LONG STANDING. It has been ascertained by the experience of multiplied cases, that the poison lies in a dormant state until some peculiar condition of the system suitable to its development exists: and it may take months or even years before this state of the constitution comes into existence. Until then, therefore, an operation which will reach the seat of the poison will prove effectual to prevent an attack of Hydrophobia.

* NOTE. Nitric Acid.

Bruises.

The best application for serious bruises, where no fracture of the bones accompanies them, is the following. It should be kept in every bungalow, and only applied under the supervision of the estate manager. Care must be taken in using it, that *no abrasion of the skin* has taken place.

Liquor Potassæ	1 drachm
Tincture of Aconite	1 drachm
Rectified Spirit	1½ ounce
Olive Oil	3 ounces
Hog's-lard	6 ounces

Well mixed by *an apothecary.* It should be applied very lightly: the part being gently smeared over with as much as is necessary to cover the entire bruise. It gives relief very rapidly. Being a deadly poison great care should be used both in its preservation and use.

In the more general class of slight bruises, a lotion composed of *one drachm of sugar-of-lead to a quart bottle of water*, constantly applied with a linen cloth, will soon relieve it. If not sufficient, the former remedy will answer.

Sprains. *The most effectual means for preventing injuries of this kind from becoming permanently troublesome, is to exercise the part sprained as much as possible immediately after the accident.* A person whose ancle, for instance, has been sprained, should, instead of being allowed to nurse it, be made to take a good long walk upon it; and he will be surprised himself at the relief which it affords. Indeed so conscious will he become of the advantage of it, that no sooner does he feel stiff and painful than he will get up and walk about again. When obliged to rest himself, the ointment above-mentioned for bruises will give great relief. Leeches have been recommended for sprains, but their utility is, to say the least of it, doubtful. They afford temporary relief, but do not cure the injury, usually leaving the part in a chronically disabled condition that takes a long time to remove.

Wounds. A simple cut is easily dressed by bringing the edges together with sticking-plaster, and keeping the part cool with simple cold water. In torn or rugged wounds, the parts should be gently washed clean with warm water; those portions where the edges are even, brought together and stitched with a needle and thread, and a wet cloth placed over the whole, keeping the injured limb, &c., in as easy and quiet a position as possible. After one or two days, should the wound seem disposed to suppurate, it must be poulticed,* and the healing process permitted to go on of itself. It will (what is technically called) *granulate*, that is, fill up with new flesh, from the bottom of the deep parts, until they come to a level with the surface; the wound will gradually contract in size, and heal of itself. When these granulations (so called from their resemblance to the seeds of the pomegranate) rise *above* the surface, they must be kept down by the application of *lunar caustic* once a-day; the poultice being stopped, a piece of *dry lint* should be placed on the caustic and covered with a fold of linen bandaged on. Should any injury have happened to the bones of the part, then medical assistance should be procured without delay.

* With Oat-meal, Rice, or Bread, or even cloths constantly wet with *hot* water.

Burns. There are few things more surprising, considering the reckless manner in which Malabar Coolies use their fires, and their exposure to risk from the nature of their lines, than the rarity of accidents from fire. Now and then a case of injury of this kind is brought to the manager's notice, either in the person of an epileptic Coolie, or of some unfortunate child. If the injury be an extensive one; or severe in its nature, if not in extent, medical advice should be sought for as soon as possible. But if

it be a slight one, the following application is the best until assistance can be procured :—

Chunam Water	..	..	12 ounces
Olive Oil ..	..	..	6 ounces
Turpentine ..	..	..	2 ounces

The whole to be well shaken together in a bottle, and applied *constantly* with a feather; the whole of the burnt part to be well smeared with it. Until these remedies can be procured, keeping the limb (if it be one) immersed in cold water, or keeping a cloth well soaked with cold water applied to the burn continually, will give relief, and keep down the inflammation very effectually. Many persons prefer using this remedy first and the lotion afterwards, and it is very possible that they do so on good practical grounds.

Scalds. These forms of Burn benefit more from the use of cold applied directly to the part injured than that which is caused by fire. But care should be taken *not* to apply it when the part scalded is the trunk of the body, or while the patient is attacked with shiverings, which is very frequently the case. In those instances the patient should get some warm stimulant to restore the animal heat, and the part be smeared with the same lotion prescribed for burns; moderate doses of quinine being also given at intervals to subdue the intermittent attacks which are certain to follow. *But under the pressure of urgency, where only the limb is the part injured, nothing can be better than keeping it immersed in cold water, until the pain and inflammation have moderated.*

Should the manager have any raw cotton (such as is commonly known by the name of French wadding, for ladies' dresses), no better application could be used for either burns or scalds than it. The whole part should be *closely* covered with it, sufficiently so to exclude the air, and not disturbed. It affords very great relief, and saves besides a great deal of trouble, as it need not be removed until it falls off of itself, or until the discharge which may collect beneath it, when the part has begun to suppurate, makes it necessary to take it away. The surface of the wound will then be found clean and healthy, and can be best treated with Turner's Cerate, or simple dressing, and the application of Lunar Caustic, as stated under the head of *Sores* (vide Sores).

Sores. These are a great plague to the Superintendent, indeed apparently more so than to the patient. Some are trifling ulcers, caused by scratching, a tick bite, or a leech bite, or wound from a thorn, and if attended to in time, can be easily cured by a lotion of *one scruple of blue-stone to a quart bottle of water*, constantly applied. More frequently, however, through carelessness, laziness, dislike to medical treatment, or a hundred causes, these wounds (simple in themselves) become, from dirt and mismanagement, both serious and troublesome, and being, moreover, usually on the lower extremities, are far more difficult to cure. Much could be done with those sores, by insisting on a

regular ablution of the part at least once a-day, in a running stream, and on seeing that the limb is properly bandaged, and no strings (of which the Coolies are so fond) tied round the leg, *above the sore especially.* They tie a string moderately tight round the leg in the morning, go out to work, and on their return home the leg has swollen, and the cord has buried itself deep into the skin. No sore will ever get well under such treatment. If the sore be comparatively recent, the blue-stone lotion, rest, and proper bandaging, will be sufficient to cure it, in a healthy constitutioned Coolie. But when the sore has spread over a large surface, with raised irregular edges, a depressed yellow centre; the parts around swollen, and retaining the mark of the finger when pressed; a sense of weight in the limb, without much pain, unless when in the upright position; when all these symptoms are present, the case is one either for the hospital, or for considerable trouble and attention on the part of the superintendent.

Remedies.

The first thing to attend to is to try and get a clean surface to the sore, which is only to be obtained by poulticing. For this purpose, as these sores are always of an indolent character, the stronger the poultice is the better, and the best kind are the pulp of the *Red Pumpkin** boiled and mashed, or *Koolloo* well boiled, applied as hot as the patient can bear them. Next to them are poultices of bran, and oatmeal, rice, or bread; but these last should only be used as substitutes until the others can be obtained.

They should be renewed at least three times a-day, and, as said before, applied as hot as the patient can bear them. These applications, with rest, a tolerably tight bandage from *the foot* upwards, and the careful removal of tight strings on any part of the limb, will give it a fair chance of healing.†

In nearly all those cases there is some constitutional disturbance, which requires internal remedies. Sometimes they are accompanied with a scrofulous, sometimes with a venereal or syphilitic taint; but the remedies which answer for them are nearly similar, at least in those cases not requiring medical advice.

The simplest and best is the following: Get from *Colombo* the root of the plant called by the Singhalese *Irimusu.*‡ It grows also in the central province, but its virtues are far inferior to that which grows in the low country. Take

Of the Root, cut into small pieces .. 2 ounces
Boiling Water .. .. .. 1½ quart bottleful
Boil down to one bottleful, and strain.

To this decoction add:

Of the Concentrated Essence of Sarsaparilla.. 2 ounces
Iodide of Potassium .. .. .. 1 drachm

Shake up well together, and give one wine-glassful night and morning.

Occasionally very small (¼ gr.) doses of *Calomel*, or *Iodide of*

*Rata Labu (single).

†In some cases the sores will not yield to these means. I have then recourse to "Holloway's Ointment," which I have never known to fail. But it is too expensive for estate use, generally speaking.

NOTE.

‡Hemidesmus Indicus, a *small trailing plant*, with lanceolate leaves, having a white stripe down their centre: root fibrous and very fragrant. Care must be taken not to confound it with the "*maoussa*" or stinging nettle.

Mercury, will hasten the cure. I have rarely found those remedies, when duly carried out, to fail; but they require more attention than the majority of superintendents are inclined to give to a disease which does not appear urgent, and consequently the number of sore legs on every estate is considerable, and the reluctance of the Coolies to give up work, and consequently lose their allowance of rice, as well as that of the masters to lose their labour, leads to a degree of indifference to their condition, which ultimately lays up many a labourer for weeks, if not for months.

FRACTURES.

Of this class of accidents all that requires to be said is to place the patient in the easiest possible position, keep the part as cold as possible, bury the broken limb in a bed of *dry sand* sufficiently heavy and thick to prevent the patient from disturbing it when he moves his body, and send for assistance as quickly as possible. No unprofessional person would, except through that self-sufficiency which proceeds from ignorance, attempt the management of such cases, unless the benefit of medical assistance be *positively unattainable*.

ON THE MEDICINES MOST AVAILABLE FOR USE IN THE JUNGLE, AND THEIR APPLICATION.

Very few vegetable medicines can be considered suitable for jungle use. The rapidity with which they absorb damp and become deteriorated, even with the greatest attention, and under the most favourable circumstances, is increased 100 per cent. in bungalows exposed to all kinds of weather, and not, in all cases, waterproof themselves. When, therefore, we see such medicines recommended for the jungle as "*Compound Powder of Jalap*," for instance, we cannot but regret the needless expenditure, to say the least of it, to which the estate has been put in the purchase of a remedy that not only spoils with the greatest rapidity, but places any one who may prescribe it in a false position, its effects scarcely ever corresponding with the expectations. The same must be said of *Powdered Rhubarb*,* *Scammony*, *Ipecacuanha*, *Dover's Powder*, and several others. Of these latter medicines, however, with the exception of *Rhubarb*, necessity obliges the estate to keep a certain portion, but the quantity should not be more than is likely to be required within a limited time, should be kept in a very dry place, near a fire if possible, and in closely fitted stoppered bottles.

NOTE. * This medicine and powder of Jalap should be sent for to the apothecaries when required.

Mineral medicines and *alkalis* do not spoil so easily, and are, therefore, better adapted for the jungle; but they should be all carefully preserved in air-tight bottles.

The same may be said of *Tinctures* and *Oils*.

Extracts are very useful. They spoil if not carefully kept, but can be preserved with attention.

PROPORTIONATE DOSES ACCORDING TO AGE.

From 15 to 20 years ..	A full dose
„ 10 to 15 „ ..	Half a dose
„ 5 to 10 „ ..	Quarter do.
„ 1 to 5 „ ..	One-twelfth do.

LIST OF MEDICINES.

	DOSES.	
Epsom Salts	½ oz.—2 ozs.	PURGATIVES.
Castor Oil	½ oz.—2 ozs.	
Magnesia	10 grs.—15 grs.	
Rhubarb	5 „ —12 „	
Scammony	3 „ — 5 „	
Sulphur	10 „ —20 „	
Tartar, Cream of	5 „ —20 „	
Gregory's Powder	5 „ —10 „	
Santonin Powder	2 „ — 5 „	
Ipecacuanha	1 „ —20 „	EMETICS.
Mustard (Flour of)	½ oz.	* This medicine soon deteriorates, if not kept very closely shut up.
Sulphate of Zinc (White Vitriol) ..	½ gr. —10 grs.	
*Tartar Emetic	½ „ — 3 „	
James's Powder	2 grs.— 5 „	SEDATIVES.
Dover's Powder	3 „ —10 „	
Laudanum	5 drops—30 drops	
Morphine..	½ gr. — 2 grs.	
Sweet Spirits of Nitre	10 drops—20 drops	
Spirits of Minderecus, or "Acetated Water of Ammonia"	2 drms.—4 drms	
Concentrated Spirits of Camphor ..	2 drops	
Sugar of Lead	½ gr. — 2 grs.	
Quinine	2 grs.— 5 „	TONICS.
Colomba Powder	5 „ —10 „	
Solution of Arsenic	5 drops.—15 drops	
Steel Drops	5 „ —10 „	
Strychnine	one-fiftieth gr.	
Calomel	½ gr.—10 grs.	ALTERATIVES.
*Mercurial Chalk	1 „ — 5 „	NOTE. * "Grey Powder." "Grey Chalk Powder."
Iodide of Mercury	½ „ — 3 „	
„ Potassium	2 „ — 5 „	
Liquor Potassæ	5 drops.—10 drops	
Wine of Colchicum	5 „ —15 „	
Extract of Sarsaparilla	1 drm. — 2 drms	
Carbonate of Soda	5 grs.—10 grs.	
Corrosive Sublimate	one-sixteenth gr.	

Epsom Salts is a safe medicine, and one which answers very well if sufficiently diluted: that is, if mixed with a sufficient quantity of water. The great mistake in the administration of this medicine is the idea that the effect lies in the quantity of Salts.

the salts given; whereas half the quantity given in a large amount of water will produce a better effect than the reverse. If the water in which it is dissolved be warm the effect will be still better. The juice of a lime adds not a little to its power.

Castor Oil. There are two kinds sold in Ceylon—the English and "the Country" oil. Care must be taken to discriminate in the use of them. The latter is mixed with a considerable portion of Croton oil, and is, consequently, unfit for use in all those diseases where irritation of the bowels exists. In cases of long or obstinate constipation; or when a good active purge is required, it acts most beneficially: but in any cases where the bowels are not in a perfectly healthy state it is dangerous. Its dose is the same as that of the English Cold Drawn. The English kind is a very safe remedy at all times and may be given, especially when combined with six or eight drops of Liquor Potassæ, with safety and advantage in any case.

Magnesia. Is seldom given alone. Combined with Rhubarb as in Gregory's Powder it acts well; but its chief use in a separate form is when combined with the Wine of Colchicum in Rheumatic Fever: for which see R. F. It is easily preserved.

Rhubarb. Is useful, combined with Colchicum, in affections of the liver. But it is so seldom in a good condition that little need be said about it. It is very difficult to keep uninjured.

Scammony. Is a good and safe purgative, especially for children, combined with Magnesia, or Carbonate of Soda, or Mercurial Chalk. It has the advantage of not having a nauseating taste. Care should be taken to keep it from the atmosphere.

Sulphur. Vide Itch or Scabies.

Tartar, Cream of. This medicine acts on the kidneys as well as on the bowels, and is a very safe purgative. It is consequently useful in affections of the liver and fever. The best form for giving it is in a drink which has been in England called "Imperial" as follows:—

Boiling Water	1 quart
Lime-peel	¼ ounce
Cream of Tartar	1 ounce

Let it stand until it cools, having first stirred it up well. Then add as much sugar as makes it agreeable, strain and give as ordered. Easily kept pure.

Gregory's Powder. The instructions for its use are given on the paper attached to the bottle. It is a safe *mild* purgative in all cases. It is easily kept pure.

Ipecacuanha. This medicine is difficult to preserve in a pure state, and consequently there may be great disappointment experienced in its effects. When in its pure state it is a very good remedy in cases of Cough from accidental causes, such as cold, &c. A dose of one grain at night being sufficient. As an emetie, a dose of twenty grains with ten grains of Sulphate of Zinc, well dissolved and mixed with some water, acts effectually and rapidly.

Mustard. In doses of a dessert-spoonful, *well* blended in a tumbler of water, acts very well.

Sulphate of Zinc. See Ipecacuanha; also Ophthalmia; also Venereal. This medicine keeps well.

Tartar Emetic. Is too powerful for indiscriminate use. As an emetic, from two to three grains in a tumbler of water, carefully dissolved, will act well; but its effects are too long continued and distressing for use except with great caution. It does not keep well, and requires to be preserved from light and damp.

James's Powder. Is a very expensive medicine, but very valuable in some cases of Fever, where perspiration is desirable, and there is great heat of the surface with dryness of skin. *See Fever.* A good substitute for this medicine and much cheaper is the "Antimonial Powder," which is consequently much employed. It requires to be kept with care.

Dover's Powder. Is very uncertain in its action from the difficulty of preserving it free from damp. Its uses have been already fully described under the heads of *Diarrhœa*, *Dysentery*, *&c.*, *which see.* Care should be taken in the administration of this medicine not to allow the patient to drink much after it, as the Ipecacuanha which it contains will then act as an emetic.

Laudanum. Is an invaluable medicine, and no bungalow should be without it. In *Diarrhœa* and *Dysentery* its uses have been already described When given as a simple opiate, care must be taken that no fever exists, as it may aggravate the symptoms unless judiciously given. In cases of protracted childbirth, where the patient seems to be getting exhausted, a dose of 30 or 40 drops given at a proper time will enable the patient to bring forth without any interference. It is easily kept.

Morphine. A most useful remedy, but only safe in the hands of a medical man; still every estate should have some at hand. It should be kept free from damp.

Sweet Spirits of Nitre. Or *Nitrous Ether*, is useful in combination, *vide Boils;* or as a substitute for chloroform in cases of tooth-ache, ear-ache, &c. It must be kept carefully corked.

Acetated Water of Ammonia. Useful in cases of Pneumonia. See "Spirits of Minderecus."—SEDATIVES, p. 61.

Cencentrated Spirits of Camphor. Is an excellent remedy in cases of irritation of the bowels with Diarrhoea: from 3 to 6 drops on a lump of sugar gives very great relief without any other medicine. It must be kept well corked, and free from damp or the contact of water. (See Note 8.)

Sugar of Lead. Seldom given internally; never, except by professional advice; used as a lotion, vide *Bruises*, &c.; keeps well.

Quinine. Its use too well known to require allusion to, vide *Fever*.

Colombo Powder. This is an excellent tonic and astringent in cases where the stomach and bowels are out of order, or where Fever is attended with Diarrhœa. Also in infantile affections, combined with mercurial chalk and carbonate of soda, it is very valuable. It keeps well.

Solution of Arsenic. Is an excellent substitute for quinine, especially in chronic

cases, and where the fever is combined with Rheumatism. (Vide Rheumatism.) In cases, also, where the brain is much engaged and the use of quinine may be doubtful, it can be safely employed. It keeps very well.

Steel Drops. Are a very good tonic in chronic cases and where no fever exists or any urgent symptoms. In infantile fever, it acts as effectually and less prejudicially than quinine. In very bad cases of fever, when combined with quinine and strychnine, it forms a most powerful remedy; but should only be used in this form under the sanction of medical advice. It keeps very well.

Strychnine. Vide Steel Drops. Requires care in keeping.

Calomel. May be used either as a purgative or an alterative; when as the former, it should be given in large doses, so as to ensure a speedy action, and thus prevent it from remaining in the system. It is usually given in derangements (congestion) of the liver, and in doses of about 20 grains, combined with 6 or 8 grains of scammony. As an alterative, reference must be made to its use in *Venereal disease;* which see. It keeps well.

Mercurial Chalk. Or "grey chalk powder," or "grey powder" is a very good substitute for blue pill, when not at hand. It is not so active an ingredient as calomel and acts safely and more gradually on the system; consequently, it is given to children oftener than calomel. When combined with other remedies, such as quinine, or colombo root, Dover's powder, &c., it accommodates its action accordingly and assists their operation on the system very materially. It keeps very well.

Iodide of Mercury. Acts powerfully on the absorbent system, and, also, as an alterative; consequently it is much valued in cases of dropsy, syphilis, affections of the skin, &c.; which see. It requires great care in the keeping.

Iodide of Potassium. Its action is similar to, but less active than the iodide of mercury. It can only be taken in combination. Vide Venereal. Requires great care in the keeping.

Liquor Potassæ. Admits of a variety of applications, both external and internal, for which latter, reference must be made to "Rheumatic Fever." As an ingredient in liniments it is very valuable. assisting to blend the otherwise incongruous ingredients together. When combined with spirits of turpentine, sweet oil and laudanum, it forms an excellent liniment for slight sprains or bruises. Keeps well.

Colchicum Wine. Although an useful is not always a safe remedy, and the use of it should not, through carelessness, exceed the prescribed quantity. When combined with solution of arsenic in Rheumatic Fever it is a very valuable medecine. Keeps well.

Concentrated Extract of Sarsaparilla. Very expensive, and can, therefore, only be very sparingly used. The best form for its exhibition is to be found under the head of "*Sores;*" which see.

Carbonate of Soda. Is an useful adjunct to quinine in cases of Fever, and to Dover's powder in cases of Diarrhœa; (*which see.*) As an antacid it is often used in cases of Heartburn or acidity of the stomach. It affords temporary relief, and, on that account, it is

had recourse to very frequently by persons who suffer from that complaint. But like all remedies, which relieve without curing, it becomes a necessity at last, and actually aggravates the very disease it is expected to cure. When acid does positively exist in beer, porter, new coffee, &c., a sufficient quantity to neutralize the acid will render them wholesome; but if they are "*sound*" in themselves, they only serve as a vehicle for conveying into the stomach a medicine which certainly is not for its good. *Keeps well.*

A deadly poison, but a useful remedy in Syphilitic cases. It should only be used under the advice of a medical man. **Corrosive Sublimate.**

PILLS.—EXTRACTS.—OINTMENTS.—SUNDRIES.

	Dose.
Compound Colocynth Pill	1 gr. — 5 grs.
,, Rhubarb Pill	5 ,, — 10 ,,
Blue Pill	1 ,, — 5 ,,
Extract of Henbane	1 ,, — 3 ,,
,, (Watery) of Opium	½ ,, — 2 ,,

Turner's Cerate
Green Ointment (D'Esterre's)
Holloway's do.
Blistering Plaster
Sticking Plaster
Lint
Catheters, Male and Female
Spirits of Turpentine.

The following formula will enable persons in the jungle to make up, either for their Coolies or themselves, which will suit them as safe and either active or gentle aperients according to their necessity:— **Aperient Pills.**

Compound Colocynth Pill	12 grains
,, Rhubarb Pill	24 ,,
Extract of Henbane	18 ,,

Mix thoroughly into one mass and divide into 12 pills; one or two to be taken as may be required. They keep well in the form of pills, but not more than an ounce of each material should be kept in the house at a time, and they should be kept in a dry place.

When there is reason to suspect indolence of the liver, the following formula will answer:—

Blue Pill	2 grains
Compound Rhubarb Pill ..	2 grains
Extract of Henbane	1 grain

To be taken at night and followed by a seidlitz powder in the morning.

Should it be desirable to give quinine with an aperient, make up the following:—

Quinine .. .. .. 3 grains
Colocynth Pill, or } .. 2 grains
Blue Pill as may be required }
Make into a pill to be taken at night.

The extract of opium is in many cases a good substitute for Dover's powder or laudanum where an opiate is required, and should be kept for that purpose. It keeps well.

Of the medicines subsequently enumerated nothing need be said, as their utility speaks for itself. But the necessity for *catheters* being kept on every estate *cannot be too strongly enforced.* Cases of retention of urine from stricture and irritation of the bladder, whether spasmodic or permanent, are not uncommon; and I have more than once had occassion to feel thankful for the foresight which induced me to insist on the estates in Hewahetta being provided with them, when, sent for in a hurry and not being informed of the nature of the case, I found the advantage of having only to go to the medicine chest for the means of giving very timely as well as speedy relief., A male and female catheter (silver is the best) should therefore be within reach on every estate. Enema syringes should also be included as very essential requisites.

ABSTRACT OF THE DISTINCTIVE CHARACTERS OF DIFFERENT DISEASES.

FEVERS.

General Character.—Chills followed by heat and ending in Perspirations. Headache without Delirium; Quick Pulse; Foul or white, *tremulous* Tongue; Hot skin; Urine high coloured; Pain in some part or parts of the body, that ceases with the cessation of the Fever: and that is not affected by change of Posture.

Intermittent.—*Fever:* With periods during the day or night when it is absent: and corresponding periods of its return.

Remittent.—*Fever:* with periods during which the violence of the Paroxysm never wholly disappears.

Jungle.—*Fever:* in an aggravated form; Without Emissions: Headache with Delirium; Sleeplessness; Pulse from 100 to 120; Soft and weak; Tongue dry and black; Skin hot, damp, and clammy: Perspirations; Urine scanty and high coloured; Muttering; Cold extremities; Death.

Rheumatic.—*Fever:* with great pain in some portion of the body; Pain does *not* subside with the cessation of the Paroxysm. Inability to move from one posture to another without extreme suffering.

DIARRHŒA.

General Character.—Sudden and severe purging, with or without pain. Prostration; Loss of appetite; Pulse quicker than usual; Skin either Cold or the temperature very slightly increased; Urine scanty and high coloured; Tongue foul.

FROM OVER-FEEDING.—Attack not Sudden; Purging frequent, but not copious; Stools passed with much flatulence and some pain; a sense of tightness across the Stomach; Nausea; Urine as usual; Pulse not accelerated; Tongue foul.

FROM BAD FOOD.—Attack not Sudden; Purging frequent, but not copious; with severe griping pains; Straining without blood; Nausea; Languor; Headache and Fever; Urine as usual; Tongue furred.

FROM COLD OR WET.—Attack Sudden; Purging copious and frequent; and mostly without pain; occasionally preceded and accompanied with pain; Straining slight; Much Languor, and loss of appetite; Skin cold and clammy; Tongue slightly foul; Fever.

HEPATIC.—Attack Sudden; Purging frequent and copious; Pain very severe *all through the abdomen;* Stools *dark,* or *bright yellow;* burning hot while passing through the fundament; Vomiting of Green, Bilious Stuff; Headache; Pulse quick and full; Tongue loaded with a thick yellowish fur; Cramps in the limbs; *Voice good.*

CHOLERA.—Attack Sudden; Motions very copious fluid, and the *colour of rice water;* Vomiting do., and accompanying the stools; *No pain of abdomen;* heat or sense of weight over the heart; Thirst *intense;* Cramps of the Limbs; Pulse *very* feeble and rapid; *Voice scarcely audible;* Eyes sunk in their sockets, and half closed.

DYSENTERY.

GENERAL CHARACTER. — Preceded by Diarrhœa; Attack gradual; Stools scanty, frequent, Mucous, and Bloody; passed with Pain and straining; Pain in passing water; Pains mostly felt in the lower part of the abdomen and spine; Tongue foul; Pulse quick; Skin hot and moist; great Prostration.

WORMS.—Dysenteric stools mixed with natural ones; not accompanied with much straining; Pain always seated under the naval; Appetite capricious; Tongue not foul; or only partially so; strength and spirits good.

POISON.—Attack sudden and very violent, with intense pain *over the whole abdomen;* Vomiting; Stools bloody, with little mucus; great prostration; Cramps; Bloody Urine; Hiccough; Death.

PILES.—Bloody Discharges, irregular in the time of their appearance; Not attended with Fever; Straining; Motions always in some respects natural; Bloody portion *beneath* the rest; Constant pain and a sense of weakness in the lower part of the spine, but not in the abdomen—sometimes they are the cause of sudden and intense pain in the bladder.

SMALL POX.—(See page 24.)

PULMONARY AFFECTIONS.

COUGH OF FEVER.—Paroxysm very distressing; Expectoration *none;* Pain *under the Breast-bone or in the pit of the Stomach;*

Great Headache, violently increased by the Cough; Fever Remittent.

BRONCHITIS.—Paroxysm very distressing, with difficult Expectoration of thick frothy mucus; Pain *over the whole chest*, which feels as if raw; Fever Remittent.

CONSUMPTION.—Cough not always very distressing; Expectoration not difficult; thick and yellow; Pain slight *under the collar-bones*, or *in the back under the blade-bones;* Perspirations profuse; Bowels irregular; Tongue red; Pulse very rapid, ranging from 100 to 120, *and never varying in its beat*, like the pulse of fever; Respiration difficult; Fever Remittent, but the remissions very slight.

PNEUMONIA.—Cough very distressing, accompanied with pain *in the side and back;* Expectoration always painful, of a rusty colour, ropy and thick; Tongue foul; Pulse rapid; Skin hot and dry, unless suppuration is commencing when the perspirations are profuse; Fever, slightly Remittent.

COUGH, WITH LIVER AFFECTION.—*Pain in the right side* aggravated by the Cough; Cough short, frequent, without expectoration, and always painful; Headache; Pulse quick and full; Skin hot; Tongue coated; Bitter taste; Bowels irregular; Urine yellow and high coloured; Fever continued.

LIVER ATTACKS.

CONGESTION.—Fulness and swelling of the right side; Pain on inspiration, pressure, or Percussion; Pain on lying on left side; Pain in right shoulder; fulness at the pit of the stomach; Nausea; Bowels irregular; *Stools whitish or clay coloured;* Eyes yellowish; Pulse full, soft, and quick; skin hot and moist; Urine yellow and high coloured; Fever Remittent, with intense headache.

IRRITATION.—Pain of right side; Nausea; Purging; Stools frequent and irregular, *dark, and passed with great pain*, and a burning sensation in the rectum; Vomiting of green and yellow bitter stuff; some straining; great Prostration; rapid pulse; hot skin; Headache severe; Eyes flushed.

ABSCESS.—Rapid Pulse; Increased pain and swelling in the side; *Profuse perspirations*, with continued fever; Cough; Irregular Bowels; High Coloured Urine; Restlessness; Anxiety; great Prostration.

KIDNEYS, AFFECTIONS OF.—Pain confined to the back and loins; Extending downwards on either side, to the bladder; Pain in one or other of the Testicles; and Sciatica of the same side; Urine discoloured, generally muddy; Pulse not much affected; Tongue whitish; Bowels natural; on severe occasions, Vomiting; no Headache or Fever.

NOTES.

1. This is by no means an exaggerated statement. One fact out of many will suffice :—

A Coolie, whose leg was in such a state of ulceration that he was reduced to a skeleton, was, at my request, brought up to the store near his master's bungalow, in order to be taken better care of. Every kind of nourishment was prepared for him and given by the planter's wife. He speedily improved, his leg got well, and he grew fat!

A short time before he was considered well enough to be sent to work, the lady began to miss her fowls, of which she had a very fine breed. One after another, then the ducks, and latterly her geese disappeared.

She mentioned this to me, complaining how annoyed she was by the *jackals* about the place. My experience enabled me to enlighten her on the subject of two-legged jackals. In a day or two after another goose vanished: and towards evening her husband went to the hut where the *sick* Coolie was living, and *caught him in the very act of roasting the goose before a beautiful fire.* The result need not be told, but no more fowl disappeared.

2. Experience is beginning to force the conviction on planters' minds that they cannot trifle with the lives and health of their Coolies. Some there are, no doubt, whom no experience of their inefficiency will teach, any more than "braying a fool in a mortar will beat the folly out of him;" but truly sensible and upright men, to whom life is a sacred charge, are all willing to acknowledge the need of professional care for their Coolies, if they were only allowed the means to do it.

3. It is a fact that may appear strange to persons ignorant of the cause, that the lines of the *high-caste* Coolies are generally the most filthy. This is owing to the fact that a high-caste man will not touch or go near anything that will defile him, so that the dirt accumulates about their lines faster and more largely than about those of the low-caste Coolies. There should therefore always be some of the latter living in the adjoining lines, who could be made to keep them clean.

4. I do not know enough of the actual feelings of the high-caste Coolie on the subject of morality to speak very positively; but having once seen a man of very high-caste go up to a cow that was passing her urine, put both his hands under it, *wash, first his hands and then his face, and even drink some of it,* in the presence of several females of his own class, who all seemed highly to approve of it, I can hardly be expected to believe in their feelings of either decency or morality. It must be acknowledged, however, that prostitution among high-caste women is a rarity in comparison with the conduct of the others. To high-caste men the cow is a sacred animal.

5. A condition almost entirely confined to natives.

6. I have been accused of giving a false name to this god or devil; and that I should have said "Pissāsoo." On making inquiries, however, I found that I was quite correct. "Moniandy" is equally applied to a good or evil power, and it has always been the word employed in my hearing by the friends of the patient.

7. I have since had an excellent opportunity of trying its effects in this disease. I need only say that it failed in toto.

8. This can be very easily prepared on the estate by filling an ounce phial of spirits of wine with as much camphor as it will hold in solution.

APPENDIX.

ON THE MANAGEMENT OF WOMEN IN CHILDBIRTH, WHEN ASSISTANCE IS ADVISABLE.

Childbirth. The natives have their own mode of conducting cases of Midwifery, and although that mode is so decidedly bad as to render too many of them fatal, yet any interference by an unprofessional man would only be resented; and should the case end unfavourably, the blame would be unhesitatingly laid upon him. In the majority of bad cases, an unprofessional man can do nothing. In some, however, he may be able to give valuable help, and to such occasions I will now refer. These occasions are twofold.

1stly. Retarded Labour. If he finds that the patient has been ill for 10 or 15 hours, that she is weak, depressed, and anxious; her pulse feeble and *quick* (see Note 1); her extremities cold; the pains either growing more feeble, or having ceased altogether; he should without delay give her a glass of hot brandy and water, with 30 or even 40 drops of laudanum in it. Have her well covered; put hot bottles to her feet; and employ *every means that can be used to secure repose.* One of two things will follow; either she will sleep for a couple of hours, after which she will awake refreshed, the pains will return, and the child be born in due time; or, which is the more usual course, the pains will at once come on with sufficient energy to bring forth the child in the course of from half-an-hour to an hour. Should she have slept, and on awaking the pains should not return vigorously, an enema of 1 ounce of turpentine, 1 ounce of castor-oil, 1 drachm of liquor potassæ, and 6 ounces of warm water, may be given with very good effect.

These directions are given with the proviso that,—1stly. *There is nothing unnatural in the position of the child.* If there be, the latter remedy (*i.e.*, the enema) *should not be used on any account.* 2ndly. That the patient has passed her water freely, for if there be retention of urine, and the bladder be full, until relieved the labour will be thereby protracted, and the risk of injury to the bladder very great. If the manager, therefore, knows how to introduce the catheter, he should do so *without delay.* This is not, however, always a very easy operation, for, if the head of the child be very low, it will press on the urethra, and oppose the introduction of the instrument, a proceeding *that should not on any account be forcibly attempted.* The attendant should endeavour, with the finger of the left hand, gently to relieve the pressure on the urethra, by pushing back the head of the child, while he as gently continues to push up the catheter. If skilful he may succeed, for which he will have reason to be thankful.

2ndly. Flooding. Flooding is profuse hæmorrhage from the womb. In these cases, whether the unprofessional attendant can render any

assistance depends upon the stage to which the case has advanced. If the child has not been born, or if the after-birth still remains, interference on the part of an inexperienced person may be followed by immediate death (Note 2). In such cases he should endeavour to support the patient's strength by the free use of brandy, even pure, until he can procure help, and take chance for the rest.

If, however, both child and after-birth have come away, he then may be able to render good help.

He should feel for the upper end of the womb (which he may, perhaps to his surprise, find as large as during pregnancy), and pressing down the edge of his left hand hard upon the stomach, until he can feel it reaches *the spine*, he will bring the palm of his hand flat against the upper part of the uterus. He must then press *gradually, steadily, and strongly* from above downward, while he feels the womb getting smaller and smaller, and so continue until it diminishes to the size of a large-sized orange. During this operation he should pour frequent douches of cold water over the region of the womb, and support her strength with brandy, as mentioned above. He should not allow himself to be alarmed by the patient's cries of pain, or by her complaints of the quantity of blood flowing from her. *As the womb contracts the blood it contains must be expelled.*

The attendant should not remove his hand for at least an hour after the contraction has taken place; and when he does so, he should be careful to replace it with a tight bandage, firmly put on.

He must not be surprised if he does not succeed as well as he anticipates. *A great deal depends not only on doing what is right, but on the mode of doing it*; and the anxious planter would be surprised when he sees an experienced medical man accomplish in less than two minutes, with the same means, what he has been trying unsuccessfully to accomplish for an hour.

He must not neglect to visit the patient *frequently* during the next 24 hours, and to prevent her, if possible, from getting into the upright position for some days. I know full well that this precaution is almost an impossibility to carry out. The Natives have their own ideas and prejudices, that no power short of personal restraint can prevent their indulging.

Natural Labour.

If the superintendent is present at a case of Natural Labour, which is very unlikely, he should not interfere with the birth. His time for assistance is after the child has been born. When it is so, his first attention should be directed to the cord. This should be tied in two places, with a small interval between them. The first should be about 3 inches from the navel of the child, with a strong piece of twine or double thread, and the knot should be *very* tight and strong. The second knot should be at a distance of a couple of inches nearer to the mother, and tied in the same way. The cord should then be cut across with a scissors between the two. Having given the child to some person to take care of, he should attend to the mother. For this purpose

he should place his hand firmly on the womb, according to the directions in page No. 3, under the head of flooding, *but he should not, as in that case, use pressure.* He should keep a firm, not a tight grasp on the uterus, sufficient to prevent its growing *larger*, but no more. After an interval of twenty minutes or half-an-hour, the patient will complain of pains, and the womb will descend under his hand, which he is still to keep firmly fixed on it, now pressing gently downwards. This is the coming away of the afterbirth. As soon as it has come away entirely, it should be removed by an assistant, a firm bandage applied, and the woman left to rest.

No attempt should be made to bring away the placenta before it comes of itself; *nor should any impatience on the part of the woman or her friends induce the attendant to consent to it.* Half-an-hour, or indeed an hour, more or less, cannot produce any inconvenience.

Sometimes, after the placenta has been expelled from the womb itself, it will lie in the passage. In that case, gentle traction on the cord will remove it easily.

If the woman has milk, the child may be put to the breast in two or three hours, and she should continue to nurse the child throughout. If not (which is commonly the case, as the third day is the usual period for its appearance) the child should be fed on arrowroot congè, until the milk comes. There is generally fever on the third day, called "milk fever;" that passes off with the flow of the milk. Quiet and mild food is all that is necessary to observe. If it is *not* the first birth, what are called "after-pains" will come on every half-hour or hour for the next week, and these will always be increased at the moment of nursing. They are not dangerous, and can be relieved, either by tight bandaging, fomentations, or, if necessary, by an enema of 25 or 30 drops of laudanum in a small quantity of arrowroot congè. The bowels should be kept regular, if necessary, by means of castor-oil, or enemas.

It is always advisable to give the infant a small teaspoonful of castor-oil, with some sugar and water, in about an hour after its birth. This is, now-a-days, considered an "old woman's remedy," but there are quite as many young fools in the world as old ones, and when experience has taught its usefulness, there is no room for inexperienced persons to reason on the advantages of "Theory versus Experience."

DISEASES OF CHILDREN.

The management of newly-born infants had best be left to the parents themselves, who, in too many cases, manage them so well as to relieve them from all future illnesses; and as interference with this proceeding, sad as it is, would oblige the planter to have the Coroner on his estate at least once a month, involving prosecutions, &c., to no end, but that of clearing his estate of Coolies, it is far better that he should not see more

than he can help, but acting with Christian determination when compelled to do so by facts brought to his knowledge.

When the infant has arrived at the age of six months, it will exhibit the usual symptoms of teething. With Malabar infants that are properly nursed, this is seldom a period of anxiety. They laugh, they cry, they kick, they squeel, they bite, under the influence of an irritation that is not dangerous, but far from pleasant, and their little pearls make their appearance almost without one's knowing it. **Teething.**

But there are occasions when they suffer more than irritation; when extreme fretfulness, fever, languor, refusal of the breast, purging, with bloody mucous, scanty stools, prove that the little one is undergoing very great suffering, and perhaps danger.

That is a time for considerable watchfulness on the part of the attendant. His first object should be to discover whether or not the teeth are near the surface, because otherwise to lance the gums only makes bad worse by hardening the part where the incision has been made. There are two periods when children are liable to suffer from teething; one when the formation of the tooth first commences, the other when it is forcing its way through the surface.

In the latter case immediate relief can be given with both ease and safety by cutting down upon the teeth, or, if not visible on the place where they ought to be, with a lancet or penknife. The best and safest instrument is the nail blade of a penknife, as the file secures the lips and tongue from being injured. **Treatment of simple cases.**

In order to do it effectually the attendant should sit on a chair, with a person holding the child in a chair opposite to him. He should place the child's head in his lap, and between his knees, so as to prevent his moving it about. The assistant opposite to him should have hold of its body, and hands, and by this means such complete control is obtained as will enable the operator to accomplish his object quietly and safely. He should cut until he feels the edge of the instrument grate against the edge of the tooth, and he should run it freely along its whole length. The operation will not give pain, and the cries of the child proceed more from fear and the inconvenience of restraint than from anything else.

In an hour or two the child will be quite himself again, unless some constitutional disease has been caused by the irritation. In this latter case professional assistance should be sought for, and until obtained small doses of castor oil, with occasional doses (*suited to the age*) of mercurial chalk powder, columba powder, and carbonate of soda should be given. If there be any signs of Convulsions, a blister should be applied for *two or three hours* to the back of the neck, and the head be continually bathed with cold water. If there be much fever, quinine in very small doses should be given. **Treatment of severe cases.** **Vide page 56, pt. 1st.**

The Dysentery of children differs from those of grown up persons in its intensity, and the cause that produces it. **Dysentery.**

It is rarely a disease unconnected with some other affection, such as Worms, Teething, Hydrocephalus, or that affection of the glands of the bowels that goes by the name of "Tabes."

It is, therefore, always more advisable to get instructions from an experienced person before undertaking to treat cases of the kind. Besides, so much depend on the kind of nutriment that is best suited for each form in its different conditions that it would occupy too much space to enumerate them.

Screeching Fits.

This affection, which is only a symptom of a deranged state of the bowels, is sometimes very alarming. The child cries incessantly, and occasionally screams as if in agony; at one time throwing itself suddenly backwards with no little violence, at others doubling its little legs on its stomach, and writhing with pain. The bowels are usually constipated, and the motions passed with much flatulence, and of a greenish colour.

Cause.

It depends either on a degenerate condition of the milk of the mother causing acidity, or on an insufficient supply. It is, however, easily relieved by changing the nurse, or even substituting cow's milk, and by the following medicine:—

Remedy.

Rhubarb Powder	32 grains
Magnesia	32 grains
Aromatic Confection	1 drachm
Laudanum	16 drops
Fœtid Spirits of Ammonia ..	1 drachm
Water of Caraways, or Cinnamon Water	2 ounces

A teaspoonful to be given when required. (Note 3.)

Tabes Mesenterica.

The next affection deserving of notice is that which is called "Wasting," or "Tabes."

It is known by its peculiar characters—the pot belly, shrivelled limbs, wasted body, old wizen face, capricious appetite, irregular bowels, and white milky urine. Cannot be mistaken for any other disease. It is the result of long continued, neglected illness, and admits of but little in the way of remedy. The best treatment is change of air, good wholesome diet, and small doses of mercurial chalk, combined with Columbo powder, and carbonate of soda. Occasional doses of castor oil should be given; but a chronic disease like this should be referred to a regular practitioner.

Convulsions.

The last form of illness requiring attention is that which goes by the name of convulsions. Convulsions are only a symptom of a disturbance of the nervous system, whether caused by Disease of the Brain, Worms, Fright, or any sudden exciting cause. Speaking scientifically, the treatment should depend on the cause, but it cannot be expected that the manager of an estate could conduct such an inquiry satisfactorily.

Treatment.

The best thing to be done in such cases is to put the lower portion of the body into hot water, with cold water to the head, mustard plasters to the back of the neck and spine, and an enema of castor oil, with a few drops of turpentine in it. This

will afford time sufficient to procure medical assistance. A dose of calomel, from 2 to 5 grains, according to the age of the child, followed by one of castor oil, after the convulsions have ceased, will help to prevent a return of the attack. (Note 4.)

Hydrocephalus. Worms. Rickets. The treatment of such serious diseases as Hydrocephalus, Worms, Rickets, &c., should all be placed in the hands of an experienced medical practitioner.

With these terminate the list of the more common forms of infantile affections that a planter is likely to be called on to treat. Such others as may occur he should consider beyond the bounds of his experience, and consequently of his duty.

HINTS TO EUROPEANS.

DIARRHŒA.

Diarrhœa from bad food. This form of Diarrhœa is more common among planters than is generally supposed.

In the majority of cases they are not to blame, but very often they are, and when that is the case they rarely fail to suffer in the long run. Living as they do at a distance from their supplies, planters are dependent on those who furnish them, and on the condition in which they arrive at the estate, although the quarters from whence their supplies are now received place them above suspicion in the way of wilfully supplying inferior articles, and that these supplies are of a first-rate quality in comparison with what they used to be some 15 years ago; still there is plenty of room for improvement *in the scrutiny that ought to be exercised by the agents into the conduct of those they employ to pack and dispatch them.* It is out of the power of residents living at many miles distance, whose whole expectation of a meal for the three or four following days depends on the arrival of the Kandy Coolie to return what they cannot consume without the risk of being ill. A planter's appetite and his powers of digestion are generally very good; but in too many cases food is sent out to them of a kind and in a condition that the agent who sends them would be heartily sorry to see upon his own table, and the real nature of which he is not aware of when he entrusts the purchase and packing to a subordinate. He is, however, a responsible agent, responsible for consequences that, although not sufficiently immediate to involve punishment, are not the less certain in their effects.

To receive a parcel of carelessly packed articles of inferior quality—beef that could only have been taken from a buffalo; bread so placed as to have absorbed no small amount of the blood that has oozed from the meat; pepper and sugar all mixed together out of carelessly rolled papers, &c., &c. These things are apt to injure one's temper when often repeated, and to impair, consequently, the appetite that could alone enable the stomach to digest the tough morsel that is all a poor fellow has to live on. This disturbance of the mind is apt to produce disturbance also of the tongue; and language that certainly does not imply

gratitude to "the giver of all good things" is almost certain to follow. But the brandy bottle fortunately (?) is not broken! That, at all events, is a comfort, and "a horn" will help the victim to forget his trouble, and to digest his food. Who is responsible for all this? It is no exaggerated picture. There are abundant witnesses to its truth. Little does the agent know, or perhaps care, when he sits down to his well supplied table, in how many houses the causes of heart-burnings and bitterness exist through a want of those precautions that a due sense of his responsibility would have prevented. In some cases, however, and not a few, unfortunately, the desire for gain has induced a degree of uncalled for economy in the way of diet, that proves, sooner or later, destructive. I have known many persons thus live for some years, amassing comparative wealth, that is afterwards to be expended on a voyage home, or to be left among their surviving relatives. Some half dozen have, it is true, wriggled through the trial, but in 90 cases out of 100 Diarrhœa, Dysentery, and, in the most of those, death has been the consequence.

This statement will not be palateable to such persons, but it is no less true, and must be candidly stated. One axiom should be constantly before the mind of all European residents in the tropics, viz., *that from the moment they enter them until they leave, their existence is a constant warfare for life!* On the one side are ranked against them all those depressing influences that tend towards disease; on the other those natural and judicious means that nature has provided to resist them!

If, therefore, instead of employing the latter, we voluntarily side with the former, we need not be surprised to find out our mistake when it is too late.

Symptoms. The usual symptoms that attend Diarrhœa proceeding from either of the above causes, are as follows:—

Flatulence after food, with acidity of the stomach. To this, after a time, succeeds flatulent, irregular and scanty stools, with or without pain. Sometimes constipation, at others relaxation. The appetite continues, but a desire for stimulants succeeds, indulged in by one class of persons, abstained from, through economy, by the other.

As a good meal of wholesome food is calculated to prevent a longing for stimulants, the reverse is also the case: and thus a double power is acting on the mucous membrane of the stomach. Bad food with stimulants only acting with less rapidity on the stomach itself, but infallibly through it on other organs.

Before long the irregularity of the bowels increases, mucous, bloody, scanty, yet frequent stools show themselves. The one class of persons alluded to seek at once for advice, get it, and recover for a time. The other dose themselves with wretched quack medicines, think themselves better, get worse, and, when it is too late to prevent consequences, either go home to die, after months of a miserable existence, or die before ever they reach it.

Were it not wrong to give publicity to individual cases of the

kind, I should have no difficulty in making such a selection as would convince the most unbelieving that these statements are not exaggerated. They are not made with a view to guide them as to treatment, or, in other words, to encourage them in their ways; it is as a warning that they may receive or reject as they please.

The consequences above related need not be imagined come on with rapidity. They may be, indeed most frequently are, gradual, and therefore the more deceptive, but not the less certain. Self-deception is not less fatal in physical than it is in moral courses, *pro ratione*. Men go on for years, hoping to get better, or at least, to "hold out somehow," until their pecuniary affairs are in a sufficiently good condition to enable their heirs and executors to purchase a handsome suit of mourning. Ah! "True 'tis pity, and pity 'tis, 'tis true!"

Diarrhœa from accidental causes.

Diarrhœa often is the consequence of frequent wettings, and more particularly those that are succeeded by a burning hot sun which dries the clothes on the person: and those where the planter returns home to his meals, and, making an excuse of necessity, remains in them because he has to go out again to get another wetting. As it is almost impossible for a person so situated to change his clothes with every wetting that he may get on a showery day, when at one hour the rain comes down like a water-spout, and the next the sun blazes out in its fierceness, all that can be advised is for him to wear woollen clothing while he is out at work; not to take "Horns" during the intervals, but to return home as soon as he can, lose no time in changing his clothes, and when he is all right take some food, with a good glass of beer or hot brandy and water. Pure brandy, though so often resorted to, is not safe, let people say and think what they please. After a good dinner, &c., to smoke a cigar before a nice fire will help considerably to keep off the enemy.

Treatment.

Should symptoms of Diarrhœa succeed, the best plan is to remain quiet for a day or so; take a dose (say $\frac{1}{2}$ ounce) of castor oil with 10 or 12 drops of laudanum, and 3 grains of quinine at night; or a teaspoonful of Gregory's Powder, 5 grains of Dover's Powder, and 3 of quinine. The first dose will most probably stop it altogether; but if not, the repetition of it the next day will.

In these sorts of cases, especially where it is a recurrence of former attacks, the patient would do well to take 6 or 8 drops of the "*concentrated spirits of camphor*" on a lump of sugar once a day for four or five days, after the violence of the attack has ceased.

Bilious Diarrhœa.

The Bilious Diarrhœa or "Bilious Cholera" is a more frequent form with Europeans than with natives. The symptoms, when they do exist, are the same as those entered in the "*Distinctive characters of Disease*," attached to the first part, under the head of "Hepatic Diarrhœa." The difference in the symptoms between that and *cholera* are there clearly defined. Great alarm has been felt, times innumerable, in consequence of a certain

resemblance between the two, but a careful examination of the symptoms will prevent mistakes.

Treatment. The best plan is not to stop the purging, which is an effort of nature to carry off the accumulated bile; but to moderate its severity and to support the strength. For this purpose small doses of laudanum in champagne—say doses of 5 or 6 drops every hour in as much champagne as the stomach can well bear; this with a teaspoonful of Gregory's Powder and 20 grains of carbonate of soda, will relieve the dreadful griping, and help to relieve the irritated intestines. When the attack has passed away, two grain doses of Blue pill with two of Dover's Powder twice a day for two days, followed by one of castor oil, will complete the cure. Chicken broth, &c., is the best style of food.

DYSENTERY.

Many attacks of what is called by this name are not real dysentery. Some of them proceed from piles; some from congestion of the liver; some from improper food. All these forms of what is called Dysentery should be treated according to the cause producing them.

Cause. Simple Dysentery, and the worst, is that which *originates in fever*, and which is immediately caused by a severe wetting, or a sudden chill after exposure to a hot sun; drinking impure water while travelling; or eating unripe fruit. The fever that precedes the attack is not always sufficiently marked to cause alarm. Many have never observed it until their attention has been directed to it by the questions of a medical man. But it is always present.

Symptoms. *A Diarrhœa of two or three days generally precedes the Dysentery. Its first symptom is perhaps a slight straining, with griping pains; a more scanty stool than usual, which does not afford relief; a desire to remain at stool; the evacuations being mixed with mucous and blood; a loss of appetite, with a foul tongue; quick pulse; heated dry skin. Sometimes the hands are cold and damp, while the other parts of the body are hot and dry.*

It is not my intention to follow up the history of the disease, but simply to point out danger, in order that time should not be lost in applying for advice.

Treatment. The best thing to be done in this case, after sending for a physician, is to take a dose of castor-oil with eight or ten drops of laudanum. This will remove any acrid substances that may be in the intestines without pain. When the operation is over the patient should take the following powders until assistance arrives:—

Dover's Powder	3 grains
Columba Powder	5 grains
Quinine	3 grains
Soda	10 grains, in one

powder, three times a day. Should it produce nausea at first, which is very likely, he need not stop on that account. He should continue steadily until either the disease leaves him, or

help comes. Hot fomentations, with turpentine sprinkled on the cloths after the water has been wrung from them, will give much relief: and if there is pain in making water, an injection of fifteen or twenty drops of laudanum mixed with arrowroot congè will be very useful as a temporary remedy.

A planter of the name of "Poolley," in Ceylon some years ago told me that he cured three different attacks of dysentery by lying down in a stream of cold water, that completely covered his body, until he was so chilled that he scarcely felt that he had a body. I do not pretend to advise such a remedy to my friends; but I have no doubt that *a continued application of ice to the abdomen* would in a very short time stop the disease. **Ice.**

FEVER.

The symptoms and treatment of Fever are such a matter of every-day occurrence that it is not necessary to enter into them. The instructions given for the treatment of Coolies will serve as a very good guide to those for Europeans. When it exists, in combination with other diseases, advice should be sought for without delay.

Low Fever of climate. There is one form of fever, however, that I must not omit to notice as very frequent with Europeans. I mean a low, depressing, lingering fever that is not severe enough to knock one up, and yet is daily wearing out the strength, taking away all desire for food, making the limbs to ache, and unaccountably undermining the health. The patient does not suffer from headache; he sleeps tolerably well, but when he rises he feels more fatigued than when he lay down; he is not thirsty; he has no appetite; his skin and extremities are colder than usual, and he likes warm clothing; his bowels are regular; his tongue whitish, but not by any means foul; his urine rather abundant and pale; his intellects clear; his strength *gone*. He feels to be gradually sinking, and he can give you no reason why. This fever will last for weeks unless some means are taken to stop it.

The speediest and of course best means of cure is change of air; with some to a colder, with others to a warmer climate. Quinine alone does little good. It should be combined with some preparation of iron, perhaps with strychnine; but tonics with *change of air* will effect a rapid and effectual cure. The great danger of this sort of fever is its ending in dysentery, a by no means uncommon termination.

COUGH.

See pages 34, &c.

PNEUMONIA.

Symptoms. This disease is an inflammation of the substance of the lungs, and is extremely dangerous. It is not, however, *very* rapid, and may afford time to get assistance. The description of it given in page 38, Part I, is sufficient to enable a person to detect it. Sometimes, however, it is partial, that is, occupying only a small

space in the lung, and then it is more dangerous because not easily detected, and lays the foundation of a fatal illness. As it is however never without pain, fever, cough, and some difficulty of respiration, these signs are sufficient to give due warning of its existence.

Treatment. The best, indeed, necessary treatment is to put a good-sized blister over the part, and to keep it open for a few days by means of the *back* of the plantain leaf, or to let the part heal and renew the blister. The medicine recommended in page 38, Part I, is the best for the early stage. For the secondary stage advice *must* be had from an experienced person.

LIVER.

The habits of life in the European expose him to an affection of the liver that Malabar Coolies are not subject to; I mean inflammation ending in abscess. The causes of this are almost too numerous to mention, but independently of hereditary constitutional ones are to be enumerated: inveterate smoking, drinking, and venereal indulgencies. These are the three most fatal causes.

My opinions on the first of these are well-known, through my letters published in 1852. It was not without some effect. Smoking is by no means the reckless habit it was then, and "Liver disease" is now a rarity in comparison. Still there are those who like their six or eight pipes, or ten or twelve cigars a day, some even more than that, who risk consequences that they cannot contend against when the time comes, but with whom it is useless to argue.

The habit of taking raw brandy is sufficiently acknowledged to be detrimental, from the fact that *few like to be seen taking it.* "A horn" of brandy and water, half-and-half, is bad enough, but pure brandy, taken frequently, hastens on the worst form of hepatic inflammation.

I wish that I could be silent on the last subject. The freedom with which its practised is morally, physically, and politically, *utterly destructive.* A curse follows it: the curse of Him who will not let it pass unregarded. Purity of heart, mind, and body are all sacrificed; temporal prosperity (too often *integrity*) is thrown into the bosom of Heathenism, and the Christian man who should be an example of all that is "holy, and just, and good," wilfully leads the poor "Heathen in her blindness" to utter ruin, body and soul.

They who practise it are wilfully blind. If they choose to be so, let them be so, but let them not hang the millstone round their own necks that will hereafter prove their eternal condemnation, by making another a partaker of their guilt. It is said by many, "We cannot afford to marry;" marriage has received the promise of a *blessing* from Him who has said, "The blessing of the Lord maketh rich, and no sorrow is added with it;" a habit of deliberate and established fornication has received a *curse*; for He hath said that "*No* fornicator shall enter the kingdom of

God." This is not the first time or place that I have declared these principles; but I do them here, so that they may be *printed witnesses* before the eyes of those who try to shut the thoughts of their hearts against them!

Venereal Indulgences have a marked effect on the Liver, how or through what power it is not my part to explain. It is sufficient that they have; and certainly those effects enjoy not the preventive influence of a Providential Power to *save!*

The symptoms of Hepatic Inflammation are the following:— Symptoms. Pain with a sense of weight in the right side, which is increased by lying on the left side; pain in the right shoulder, sometimes very distressing; Fever; Cough without Expectoration; Perspirations; Sleeplessness; Irregularity of the Bowels; Dark-coloured Urine; Headache; Nausea; Occasional green, Bilious Vomiting; Quick Pulse; and, in severe cases, enlargement of the right side. If these symptoms are not altogether present, they are so for the most part, quite sufficiently so to prevent mistakes. When these symptoms are present, let him at once seek for advice, for he cannot do so an hour too soon. (Note 5.)

Until he can procure assistance, the best thing he can do is Treatment. to put a dozen good leeches along the lower margin of his ribs; and to encourage the bleeding when they have fallen off. He should then take the following mixture:—

Rhubarb Powder	$1\frac{1}{4}$ drachm
Cream of Tartar	$\frac{1}{2}$ ounce
Colchicum Wine	$1\frac{1}{2}$ drachm
Water	8 ounces

To be well shaken up, and a table-spoonful taken every third hour.

SPLEEN, KIDNEYS, BLADDER, AND UTERUS.

These affections are not within the scope of a work like this. They must be referred to the opinion of a regularly educated medical man.

SWELLED TESTICLE.

This is by no means an unusual affection. It is most generally the consequence of some Strain or Injury; but sometimes it comes on with fever, from no assignable cause. I have known it more than once epidemic. (Note 6.) The symptoms need not be described, they cannot be mistaken.

When a person has got swelled Testicle he should give up all Treatment. kinds of work, and confine himself altogether to the couch. If he is wise he will take an emetic at once; say 20 grains of Ipecacuanha in a tumbler full of warm water. He should then apply cloths steeped in a lotion of one drachm of sugar of lead to a pint of water, cold; and take the following mixture:—

Tartar Emetic	12 grains
Quinine	1 scruple
Laudanum	$\frac{1}{2}$ drachm
Water	8 ounces

Shake up well, and take a table-spoonful every third hour. A suspensor should be worn when the patient is well enough to walk about.

GENERAL DISEASES.

The instructions given in the former pages will answer equally well here for all except Asthma and Venereal Disease, which latter is by no means so easily cured in Europeans as in Malabars, and which is so very liable to show itself in the form of "Secondaries," when it is thought that the disease has been quite eradicated.

Asthma. A very excellent remedy for asthma is strong Coffee. Sir John Pringle says, "It is the best abater of Periodic Asthma that I have seen. The Coffee should be of the best Mocha, newly burnt and made very strong, immediately after grinding it. I have commonly ordered an ounce for a dish, to be repeated fresh after an interval of a quarter or half an hour, and which I direct to be taken without sugar or milk."

The Tincture of the "Datura Tatula," an American preparation, has been found very useful.

So much, however, depends on the state of the constitution and the condition of the digestion at the time of the attack, as well as upon climate, that, in a disease which affords such ample time for consultation, little need be said here.

Use of Mercury. Many doctors cry down mercury, and say that they can cure venereal without it, and that it is a purely local disease. They have many followers. My reason for not trusting to these delusive hopes is the number of patients that I have had at various times affected with secondaries that were subsequently cured by the use of mercury; that I have very rarely, and only in cases where constitutional infirmity prevented the mercury from taking its due effect, seen secondaries follow its use. With me "discretion is the better part of valour," and be the affection a local one or be it a constitutional one, if unhappy consequences follow one certain mode of treatment more frequently than another, I will, for my patient's sake, adopt the one that is safest, and let the doctors cry out while my patients sing! I would, therefore, *advise* a person, affected with venereal in any

Treatment. shape, at once to begin with:—

Blue Pill	.. ..	1 grain
Dover's Powder	.. .. ..	2 grains, in a

pill, to be taken every night until he perceives a coppery taste in the mouth, and his gums are *slightly* tender, or perhaps his throat a little sore. He should then stop, at once, and take a dose of Gregory's Powder.

If his case be one of Chancre he should apply black wash, as described in page 49.

If his case is one of Gonorrhæa the following prescription will be of service until he can see some medical man:—

Balsam of Capivi ..	.. ..	4 drachms
Liquor Potassæ ..	.. ..	3 drachms
Tincture of Opium	.. ..	1 drachm
Mucilage of Gum Arabic	.. ..	4 ounces
Infusion of Flax Seed	.. ..	7 ounces

Mix well together, and take a table-spoonful three times a day.

Should Bubo or swelled testicles either ensue, or exist at the same time, reference should be at once made to a medical man.

In some cases the Gonorrhæa is very slight, in others very severe, and attended with great pain in passing water, and Chordee. In those cases an enema of 25 drops of laudanum in some arrowroot congè, at night, will give great relief.

Injections should not be used in the early stages of Gonorrhæa. Advice should be taken beforehand.

So much depends upon the habits and constitution of the person affected; upon the violence of the attack; upon the number of times that he has been affected before, and upon the previous treatment, that it is a matter of no slight hardihood in any man to treat himself for this disease. One person can never have connection without getting it in the form of gonorrhæa. It is a dangerous thing for such a person, if he has had the attack frequently, to marry, at least until a long period has elapsed subsequently. He is very likely to give it to his wife, not in its original form, but in the secondary one. I have seen some *very sad* cases of the kind. Another person will go freely among women and escape. To what that immunity is owing cannot be easily explained, because two such persons will have the same woman, and the consequences be as above stated; one will get venereal, the other will escape. One person will laugh at Gonorrhæa, tell you that he can cure it with the greatest ease, and give his favourite medicine to another, who will be nearly ruined by it.

NOTES TO APPENDIX.

1. Great attention should be paid to the state of the pulse, as it is our best indicator of mischief we have in those cases.

If the pulse is slow and regular, however feeble, the attendant need not be much alarmed. But if it be quick *or irregular, however apparently strong, he must be on his guard, for evil is certainly at hand. No time should be lost in following out the instructions given, and in sending for assistance.*

2. The attendant *may* be able to stop the hæmorrhage by strong pressure, so as to enable the womb to expel the placenta. But this is seldom effectual, the only alternative being to remove it from internally, an operation that has proved fatal in the hands of more than one inexperienced operator. If the attendant tries pressure, he should follow the directions already given, and keep it up steadily for some time. If the after-birth come away, the flooding will in all likelihood cease at once.

Should not pressure succeed, and that he finds the patient is sinking, his last resource is to plug up the passage with a *silk* handkerchief steeped in vinegar and water as tightly as possible. If the flow of blood be prevented, the internal vessels may possibly be closed by compression, and the patient be saved from death until time be given for the arrival of help.

3. This preparation can be made up at the apothecary's and kept for use. It is a prescription of one of the most experienced physicians of the Dublin Lying-in Hospital, and is both valuable and safe. The dose should be regulated according to the age of the child, *from* 10 *drops to an infant of days, to a teaspoonful to one of months.*

4. It is not to be supposed that every time an infant screeches, shews the white of his eyes, and draws up his legs, that he has got convulsions. Such symptoms proceed from wind, and a few drops of the mixture prescribed, *page* 75, will soon cure it. When the child grows black in the face, throws itself back with violence, his respiration is irregular, the eyes distorted, and the limbs contracted, then there can be little doubt as to the nature of the case.

5. The case is hurrying on to abscess, and in such cases every hour is worth a day.

6. It is to be supposed that no venereal taint exists. If it does, reference must be made to a medical man, or to the hints given under the head of "Venereal Disease."

INDEX.

NAME.	PAGE
Abortion	7
Apoplexy	29
——— Treatment of	29
——— Serous	30
Asthma	39
Bites	54
—— of Insects	54
—— of Snakes	55
—— —— Treatment of	55
—— of Dogs	56
—— —— Treatment of	56
Bladder, Disease of	43
——— Treatment of	43
Blindness, Night	33
——— Treatment of	33
Boils	52
—— Treatment of	52
Brain, Diseases of	27
Bronchitis	35
Bruises	56
Bubo	54
Burns	57
Chancre	48
Chest, Affections of	34
Chicken Pox	23
Cholera	50
Consumption	35
———— Distinctive Signs of	36
———— Treatment of	37
Cough, Simple	34
———— Treatment of	34
"Crick in the Neck"	47
Diarrhœa	3
——— from Surfeit	3
——— Treatment of	3
——— from bad food	3
——— ——— Treatment of	4
——— Wet or cold	4
——— ——— Treatment of	5
Dropsy	10
Dysentery	5
——— with Consumption	6
——— with Worms	6
——— from Poison	6
——— Treatment of	8
Dyspepsia	36
Ear-ache	45

NAME.	PAGE
Ear-ache, Treatment of	45
Epilepsy	32
—— Treatment of	32
Fever	12
—— Intermittent	13
—— —— Treatment of	13
—— —— with complication	15
—— —— Causes of	15
—— Remittent	15
—— —— Anomalous pains in	16
—— —— complicated	17
—— —— Treatment of	18
—— —— Sequela to	19
—— Jungle	19
—— —— Treatment of	20
—— —— Complications of	22
—— Eruptive	22
Fractures	60
Heart, Affections of	40
"Hemidesmus Indicus"	59
Holloway's Ointment	59
Hæmorrhage from the Bowels	11
Hooping Cough	39
—— Treatment of	39
Insanity	28
—— Treatment of	28
Insects	54
"Irimusa"	59
Jalap	15
Kidneys, Affections of	43
Lime Juice, Utility of	10
Liver, Diseases of	41
—— Congestion of	41
—— —— Treatment of	41
—— Irritation	42
—— —— Treatment of	42
Lumbago	47
Malabar Itch	51
"Maoussa"	51
Measles	24
Medicines, List of	61
"Mooniandy"	27
Nettle Rash	22

NAME.	PAGE	NAME.	PAGE
Night Blindness	33	Sciatica	47
Nitric Acid, Use of	56	Scalds	58
		Snakes	55
Ophthalmia	44	Small Pox	24
—— Treatment of	45	Spleen	42
Organic Diseases	27	Sprains	57
		Sores	58
Pains, Anomalous, of Fever	16	—— Treatment of	58
"Pappaya"	7	Strychnine, Use of	31
Paralysis	30	Syphilis	18
—— from Common Poisons	30		
—— —— Nux Vomica	30	Tetanus	31
Pneumonia	38	Testicles, Affections of	44
—— Treatment of	38		
Poisons	6 and 7	"Urtica Ardens"	51
—— Treatment of	7	"Urticaria"	22
"Pomegranate"	7	Uterus	44
"Rata Labu"	59	Venereal	48
Rheumatism	46	—— Treatment of	49
—— Treatment of	46		
		Worms	6
"Santonin"	8	Wounds	57

INDEX TO APPENDIX.

Asthma	82	Infants, New Born, Treatment of	72
		Ice, in Dysentery, Use of	79
Bladder, condition of, in Labour	70		
—— Management of	70	Kidneys, Affection of	84
—— Affections of	84		
		Labour, Natural, Treatment of	71
Child-birth	70	—— Retarded do.	70
—— Management of	70	Liver, Affections of	80
Convulsions, Infantile	74	—— —— Causes of	80
—— Treatment of	74	—— —— Treatment of	81
—— Symptoms of	74		
Cough	79	Mercury, Use of	82
Diarrhœa from Bad Food	75	Placenta, Management of	72
—— Causes of	75	Pulse, in Labour	70
—— from other Causes	77	Pneumonia	79
—— Treatment of	77	—— Treatment of	80
—— Bilious	77		
—— —— Treatment of	78	Rickets	75
Dysentery	78		
—— Causes of	78	Screeching Fits	74
—— Treatment of	78	—— Treatment of	74
		Spleen	84
Fever	79		
—— Low continual	79	Teething	73
—— Milk	72	—— Treatment of	73
Flooding	70	—— Severe Cases of	73
—— Treatment of	71	—— Dysentery with	73
		Testicle, Swelled	81
General Diseases	82		
Gonorrhœa	82	Venereal	82
Hydrocephalus	75	Worms	75